COMPETITION 3 BIOSPORT EARPHONES TO BE WON! P53



RUNNINGFITNESSMAG.COM

Running Fitness

Run Faster | Run Further | Run Stronger

KEEP ON RUNNING

Plan your holiday routine

RF HERO
DAVID MOORCROFT
looks back on his amazing career

Injured?
6 steps to a stronger you

BEST-EVER HALF MARATHON!
12-WEEK SMASH-IT PLAN FOR A PB

6-legged race!
RUN WITH your dog

RUN APPY
Are virtual coaches worth the download?

Inspecting gadgets

The lowdown on the latest tech

September 2015 £3.50



DIFFERENT STROKES
>> Swim for strength

TECH SAVVY
>> Heart-monitor equipment...





PRO-DIRECT RUNNING PRESENTS

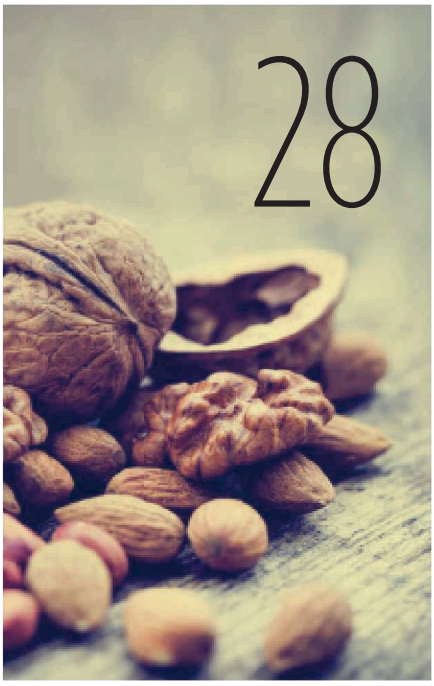
FOOTWEAR SALE

We've slashed prices off our top brand running shoes, so you can get kitted out for your summer training without breaking the bank. Whether you're hitting the trail or breezing through the park, we've got the perfect pair of runners for you. Featuring the adidas Sonic Boost with endless energy return and TORISON® Bar support, the ultra-lightweight ASICS GT-1000 3 and last but not least Nike's most cushioned natural ride, the Free 5.0. Come and grab yourself a high-performance bargain.

EXPRESS
NEXT DAY
DELIVERY



01. adidas Men's Sonic Boost - QR: 70330 - WAS £90|NOW £50
02. Nike Women's Free 5.0 - QR: 101541 - WAS £100|NOW £70
03. adidas Women's Revenergy - QR: 70384 - WAS £85|NOW £50
04. Nike Men's Free 5.0 - QR: 101512 - WAS £100|NOW £70
05. ASICS Men's GT 1000 3 - QR: 88782 - WAS £97|NOW £60
06. ASICS Women's GT 1000 - QR: 88786 - WAS £97|NOW £60


28




36


75




54

SEE PAGE 90
SUBS OFFER
13 DIGITAL ISSUES
FOR £15.99
SAVE 51%
WHEN YOU SUBSCRIBE







Running Fitness CONTENTS

SEPTEMBER 2015 ISSUE 188

ON THE COVER

30 KEEP ON RUNNING
How to incorporate running into your holiday.

36 DIFFERENT STROKES
Start swimming to get that all-round fitness.

40 INSPECTING GADGETS
In-depth reviews of heart-rate tech.

42 SIX-LEGGED RACE
Learn about running safely with a dog.

50 RUN APPY
We take a look at virtual coaching.

53 COMPETITION
Three heart-rate earphones up for grabs!

54 BEST-EVER HALF MARATHON
Our comprehensive training plan for a PB.

66 DAVID MOORCROFT
We chat to David about his career.

75 SIX STEPS TO RECOVERY
Best ways to get better and get stronger.

COLUMNS

21 RUNNING INJURY SPECIALIST
Frequency, intensity and time all play an important part in our running routines.

23 LAZY GIRL RUNNING
Laura reaps the benefits of racing abroad at the Copenhagen marathon.

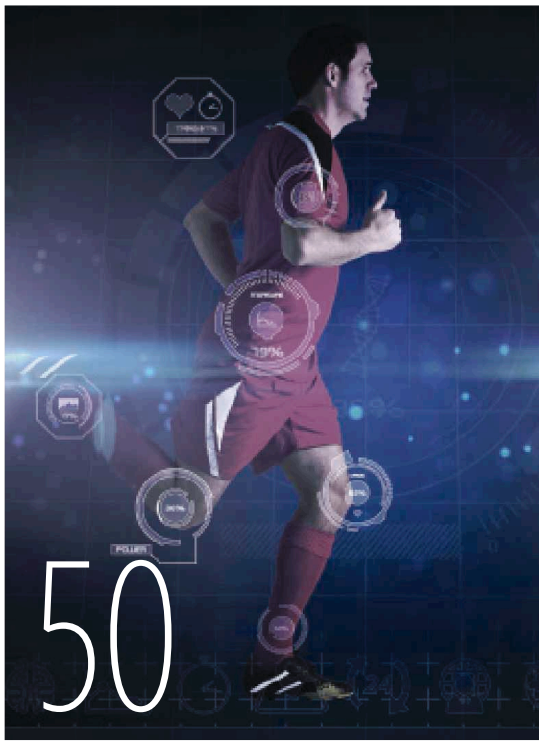
24 A MILE EACH DAY
Use your morning run to focus your mind and set you up for the day ahead.

25 REACH NEW HEIGHTS
Dan is inspired to climb mountains...

26 TECHNOLOGY CORNER
Fitness data and how tech companies use it.

32 HOLIDAY KIT
All you need to take a running break.

34 NUTRITION
Get a taste of Renee McGregor's *Training Food*.



58 RECOVERY PRODUCTS
What to eat and drink straight after a race.

60 WHY DO YOU RUN?
Three readers share their stories.

65 BEHIND THE SCIENCE
A look at exercise-induced muscle damage.

70 BEHIND THE BRAND
We get the inside info on 1000 Mile.

98 FINAL THOUGHTS
Running tech, friend or foe?

REGULARS

14 POSTBOX
Readers share their thoughts

18 INSPIRING RUNNER....
Helen Wrigley shares her story as a runner.

28 RECIPE OF THE MONTH
Learn about nuts and cook African chicken.

46 EXPERT Q&A
Our experts answer your questions.

72 KIT BAG
The best kit for hot weather...

80 WILD RUNNING
Go wild in the South Pennines.

82 EVENTS ROUND-UP

92 EVENTS LISTING

FRONT COVER IMAGE COURTESY OF SAUCONY, SAUCONY.CO.UK

WELCOME



I have a theory that runners never really relax. For instance, this month, I took a week off for a holiday in the sun, but the absolute first thing I packed was four sets of running kit and some rehydration sachets. I can't help it – just can't sit there and do nothing while I know that when I get home, I'm going to have to work really hard to get my fitness levels back up to pre-holiday status. So I can totally relate to our guide to **Running on holiday** on p30. It has great advice on when to run, how far, how to avoid getting on fellow holiday-makers' nerves and when, in fact, you should just relax and leave the shoes at home. Complementing this theme nicely is our cross-training feature on p36, which is all about **Swimming to improve** your running. A holiday is the ideal time to take up this form of training, so it gets my approval.

We've gone quite techy this month, too, with a bumper reviews page on p40 and a great article on running apps and the benefits of an in-ear coach on p50, so if you've ever felt a bit overwhelmed with the growing number of downloadable training options, let's hope this clears things up for you!

AMY CURTIS, EDITOR

VISIT *runningfitnessmag.com* for more news and insightful content, blogs and our favourite articles



SEE PAGE 90
GO DIGITAL
13 ISSUES FOR £15.99

3 THINGS YOU NEED TO KNOW THIS MONTH...



P54 Want to get your best-ever time at a half-marathon?
Focusing on strength and stamina rather than miles, our easy-to-follow 12-week training plan for runners who want to beat their last half-marathon time will give you all the tools you need for a PB.



P28 Don't write off nuts in your diet.
It's natural to avoid eating fatty foods, but we explain about the good side of nuts, the extra benefits they offer you, such as vitamins and protein, and how to include them sensibly in your diet.



P42 Got a four-legged friend? Go running together!
Get the lowdown on running safely with your dog, from how to tell when they've had enough, to steering and braking! You might even end up entering a canicross race...

THIS MONTH'S CONTRIBUTORS



SARAH IVORY: If you're looking for a new way to cross train, or already swim but want some top tips, Sarah's got all the answers on p36 to help you get stuck in to a swim.



RENEE MCGREGOR: For a rounded view on nutrition while training, we're treating you to a section of Renee's book, *Training Food* on p34. We think you'll love her smoothie recipes!



EVIE SERVENTI: This month, Evie looks at the reasons we run and shares three real-life case studies to offer some different perspectives on what we all get out of running. p60

KEEP IN TOUCH... TWITTER *@Runfitmag* FACEBOOK: *facebook.com/RunningFitness*

FOR RUNNERS



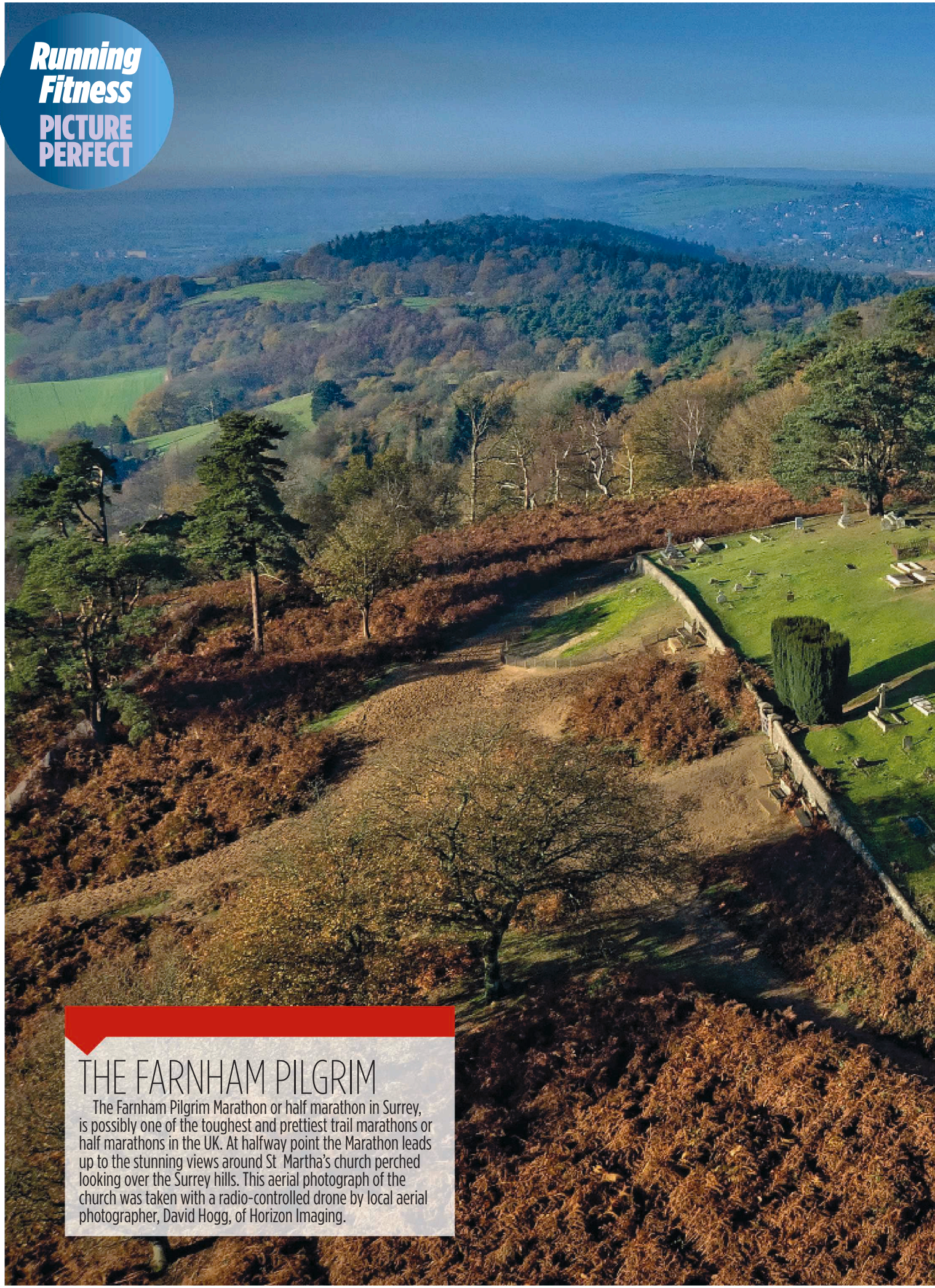
You can't judge a runner by their looks. We recognise you by your mindset, no matter what kind you are. That's why we have watches for every type of runner.
Learn more at Garmin.com/Forerunner

Forerunner. For Runners

GARMIN

Forerunner® Series

PICTURE PERFECT



THE FARNHAM PILGRIM

The Farnham Pilgrim Marathon or half marathon in Surrey, is possibly one of the toughest and prettiest trail marathons or half marathons in the UK. At halfway point the Marathon leads up to the stunning views around St Martha's church perched looking over the Surrey hills. This aerial photograph of the church was taken with a radio-controlled drone by local aerial photographer, David Hogg, of Horizon Imaging.

IMAGE: © HORIZON IMAGING. VISIT HORIZONIMAGING.CO.UK TO VIEW MORE ARCHITECTURAL AND DRONE AERIAL PHOTOGRAPHY



Spring all year round...



Most loved vitamins as voted by you

Voted 2013 Favourite Glucosamine Product by Boots Customers

Cartilage and bone health are important for long term wellbeing and an active life. If you are looking for a daily supplement to give you extra support from within, *Jointace*® has been specially formulated by Vitabiotics' experts to provide premium nutritional care. With a unique combination of nutrients, and vitamin C which contributes to normal collagen formation for the normal function of bone and cartilage.

Jointace®

nutritional support for an active life



Original | with Omega-3 | Collagen | Max | Sport | Fizz

also GEL or PATCH
for direct application.
Ideal alongside *Jointace*® **Tabs or Caps.**

From Boots, Superdrug, supermarkets, Lloydspharmacy, chemists, Holland & Barrett, GNC, health stores & www.jointace.com

*Nielsen GB ScanTrack Total Coverage 52 w/e 31 Jan 2015.

QUEEN'S AWARD INNOVATION IN VITAMIN RESEARCH 2013

Britain's No.1 supplements*

VITABIOTICS
SCIENCE OF HEALTHY LIVING

ADJONSPRINGP17-03-15E

THIS MONTH

How pre-race stress gets results, why avocados should be on hospital menus, and **RUNNING GROUP** therapy for control freaks



HAPPY BIRTHDAY JO!

Jo Pavey will celebrate her 42nd birthday by running the Worcester City 10k on 20 September.

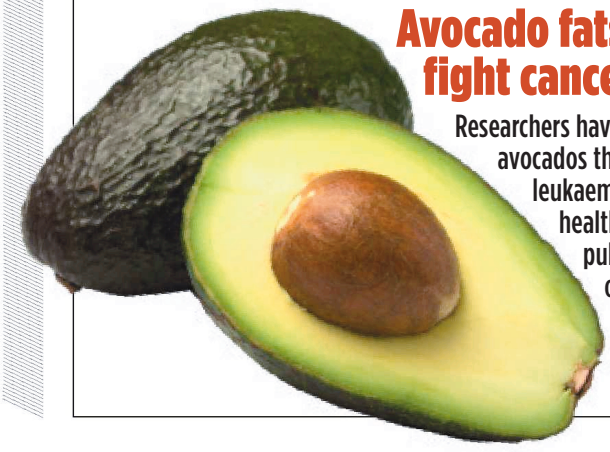
IMAGE MARK SHEARMAN



Why running groups work

New research published in the *Journal of Personality and Social Psychology* has challenged the belief that to feel in control of your life you must stand alone.

The researchers found that group membership is robustly associated with life satisfaction and that identifying with a group actually makes people feel more in control than being fully independent. Feeling part of a group was linked with feeling more personal control, as well as higher levels of wellbeing.



Avocado fats help fight cancer

Researchers have discovered a lipid found in avocados that attacks acute myeloid leukaemia stem cells while leaving healthy cells alone. The findings, published in Cancer Research, open doorways for further research into new treatment options for cancer.



RUN WHEN YOU'RE YOUNG ...

Exercising early in life could lead to greater levels of exercise among adults, according to new research published in *Physiology & Behaviour*. The study may have relevance for debates concerning physical education for children in light of growing global obesity concerns. "If kids exercise regularly through school years, then they may be more likely to exercise as adults, which could have far-reaching positive effects," said lead researcher Theodore Garland.



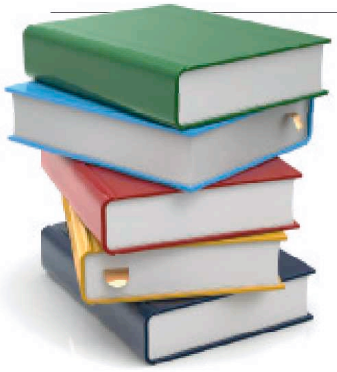
LABEL LOSSES

In a new study published in the *Journal of Fitness Marketing*, participants were given snacks marked 'Trail Mix' or 'Fitness' and asked to taste and rate the snacks, and then given the option to exercise after eating. For those watching their weight, there was a marked effect of how the snack was labelled, causing them to eat more of the one marked 'Fitness'. Those eating 'Fitness' snacks also chose to expend less energy during exercise.



RACING OZ FOR DEPRESSION

Australian ultra runner David Alley is two months into his run around Australia to raise money for the White Cloud Foundation. He's averaging 80km per day for six months and will cover a total of over 14,000km. Having already cycled around the country in 2011 (raising $30,000 for the Royal Flying Doctors Service) the 39-year-old has taken 20 pairs of shoes and hopes to raise a whopping £1,000,000. When interviewed in Western Australia in June, David was "feeling great and well ahead of schedule". Good on you, mate!



Get reading

Curl up with a good book over the summer and get into the psyche of a runner with one of these novels every runner should read, as posted by the Guardian (18 June):

- **Running with the Pack** *by Mark Rowlands*
- **Running** *by Jean Echenoz*
- **Running the Rift** *by Naomi Benaron*
- **Brewster** *by Mark Slouka*

EXERCISE HELPS PTSD SUFFERERS

Researchers at the University of Texas have found that exercise helps reduce symptoms of post traumatic stress disorder (PTSD). The recent study, published in *Cognitive Behaviour Therapy*, randomised nine participants into two groups: Exercise + Therapy and Therapy-only. Those in the Exercise group were found to have increased levels of the protein brain-derived neurotrophic factor, which helps the brain adapt to stressors and repair itself, while levels of the protein in the therapy-only group stayed flat.



THIS MONTH'S NEWS IN BRIEF

A few of our favourite snippets from the news this month

» HEALTH BENEFITS OF STRESS

The next time you get stressed before a race, be grateful. New research suggests that embracing stress is more important than reducing stress and leads to a more meaningful life, as cited by Stanford psychologist Kelly McGonigal in his recently published book *The Upside of Stress* (Vermilion, £12.99). Initial research at Stanford showed that viewing stress as a helpful part of life rather than as harmful is associated with better health, wellbeing and productivity at work – even during periods of high stress.



» KENYANS ATTEMPT SUB-TWO MARATHON

An all-star Kenyan running team including Stephen Sambu and Mike Kigen will be joining forces for an attack on the sub-two-hour marathon at the Great Newham London Run on 19 July. That means shaving almost three mins off the current record!

» AGEING – USE IT OR LOSE IT

"It was great to finish standing up!" said 80-year-old Bill Dodson on finishing the National 100k Championship in Madison, Wisconsin, in a record time of 15:05:47. Okay, ultra runners are said to be a little crazy, with the sport attracting swarms of older runners. The theory is that older runners know how to pace themselves and often run on trail so have less impact on their joints. Interestingly, research by Prof Martin Hoffman from the University of California indicates that injury rates are no higher among ultra runners than they are for mid-distance runners, and it's the younger, less experienced ultra runners who are more at risk of injury. In the US, 20% of all ultra distance race finishers were over 50, which is a 50% increase in the number of ultra runners in the last five years

POSTBOX

We'd love to hear your views, news and reviews

Running Fitness

SEND YOUR THOUGHTS ON ALL THINGS RUNNING TO: AMY CURTIS, Editor, *Running Fitness* magazine, Kelsey Media, Cudham Tithe Barn, Berry's Hill, Cudham, Kent TN16 3AG

CONTACT BY EMAIL ON: rf.ed@kelsey.co.uk

LETTER OF THE MONTH

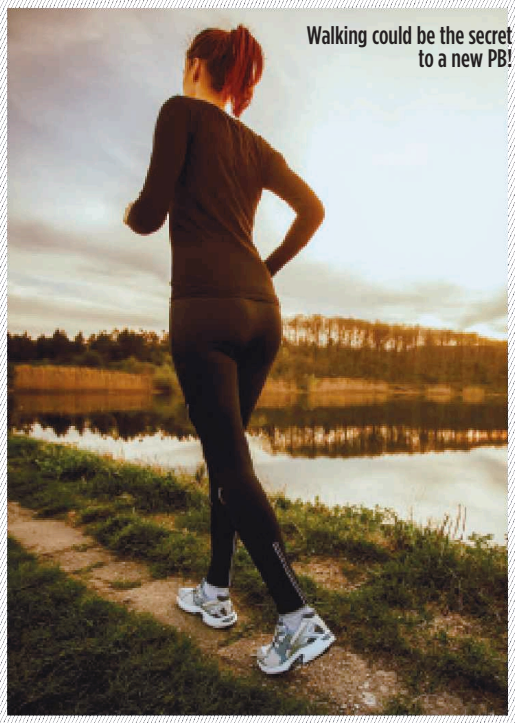
SLOWING DOWN TO SPEED UP

I've just read the latest magazine and really felt I wanted to put pen to paper [well, fingers to keyboard in this case] and write the following letter about how *Running Fitness* is helping me to adapt my approach to running.

Walking during runs: Somewhere I'd got the message that walking during a run was a failure, so I worked hard to run non-stop. I was ecstatic when I managed my first half marathon without any walking. Then I noticed something: my time was slower than in similar races where I'd taken walk breaks. I started to wonder which was more important, whether to run non-stop or finish faster and maybe feeling physically better. So reading your article 'Walk This Way' in the August issue was a revelation, with the idea that it's not only okay to walk, but could even help me run better.

Today I went for a trail run, and walked in places when the overgrown footpaths were risky to my ankles. Now I'm aiming to increase my long run distance and plan to use a walk-run strategy. I feel like the article has given me a new perspective, and to be able to go with what works for me, rather than following a rigid 'must run at all times' approach.

ROSEMARY LUX, BY EMAIL



Walking could be the secret to a new PB!



OUR LETTER OF THE MONTH WINNER CAN CHOOSE BETWEEN THIS FABULOUS ANITA SPORTS BRA (AMAZON.CO.UK RRP £50) OR TWO SETS OF MEN'S RUNNING BOXERS FROM RUNDERWEAR (RUNDERWEAR.CO.UK, RRP £36)

THANK YOU PARKRUN!

Having lived in Germany for 6 years, the parkrun phenomenon has passed me by so far but it has sounded an absolutely fantastic concept. Fortunately, I was home in Salisbury on the 4th July to run my first parkrun and Salisbury's 5th edition.

I have to say that parkrun has to be the best running idea in recent years? An ideal distance for all standards, shapes and sizes and absolutely free! How good is this in the days of increasing race entry costs?

I just loved running back in my home city with our magnificent Cathedral acting as the backdrop for the route. Lovely atmosphere, enthusiastic and encouraging organisers and marshals and good folk to chat to before and after the event.

Thanks to everyone for parkrun and if you haven't tried one yet, you are missing an absolute running treat.

Tony Hodge, via email

RF says: *We couldn't agree more Tony, we have a lot of love for parkrun in the RF office - fitness, fun, friends and FREE!*

YOUR TWEETS THIS MONTH

@IrishPat1980 "Hard in training for the marathon in Dublin, fund raising for autism assistance dogs."

@mcreedon "Just had a great run, made it home before the rain!"

@The MABVI "Congrats to #blind/VI runner @Kane Sinead for her article!"

@poorepurr "Thank you for this [A Mile Each Day]. I am v slow, found last was not the end of the world! I run for me, not time/pace."

TWEET US @Runfitmag

ON FACEBOOK THIS MONTH

We asked where your best-ever run was:

Sylvia Ross: "Loch Ness marathon, 2013. Proud to finish 4.45.51 at 65!"

Nicola Curtis: "Leeds Abbey Dash 2008 me and my twin sister were 6th and 7th."

Leaharna Marsden: "Ile de tathiou in France, along the beach, through the sea."

LIKE US AT FACEBOOK: facebook.com/RunningFitness

musclefood

Premium nutrition for healthy living

great taste 2014

THE GUILD OF FINE FOOD ESTABLISHED 1993

FREE 1KG GREAT TASTE AWARD WINNING CHICKEN BREASTS

FOR ALL READERS OF

RUNNING FITNESS

enter code

RFWINNING

at checkout



- No Added Salt or Water
- Hand Trimmed of Excess Fat
- Double Supermarket Size
- 2014 Great Taste Award Winner
- Worth £14

COMBINE WITH THESE NEW PRODUCTS:



Fresh Seafood Range

Fresh Salmon Fillets, Tuna Steak & Lots More

Prepared up to 4am and sent to you the same day!



Fresh Veg Range - GMO Free

Whole, Chopped, Shredded Veg & Lots More

Prepared up to 4am and sent to you the same day!



Huge Protein Snack Range

High Protein Flapjacks, Cookies, Crisps & Lots More

Perfect for recovering after your run!

MUSCLEFOOD FANS INCLUDE:



Iwan Thomas MBE
European & Commonwealth Games Champion



David Weir CBE
Paralympic Athlete
Gold Medal Winner



Richard Whitehead CBE
Paralympic
Gold Medal Runner



Rhys Williams
Gold & Silver Medalist
400m hurdles

/MuscleFoodUK @MuscleFoodUK YouTube /MuscleFoodUK /MuscleFoodUK

Order at www.musclefood.com/RFWINNING

*1kg free per customer. 1 code per customer per order. Min £25 order applies



SARAH RUSSELL

Is technology taking over?

Have you ever tried **RUNNING NAKED?** Sarah explains how it can help to strip back and head out to be at one with nature for a change...

A trip to the Elite Sports Performance Expo at the Excel Centre last week was a fascinating, if not a little mind blowing, experience. On show was a vast array of cutting edge products and technology, all aimed at getting the best performance out of our bodies. I'm all for scientific advances, but it did get me thinking. Are we becoming too reliant on technology and are we in danger of losing touch with our bodies? Of course scientific gadgets can help our running in many ways; tracking mileage, teaching us to pace ourselves and helping to keep us motivated to name just a few, but are they really necessary? And does it really make much difference?

TAKE A STEP BACK

As with most things in life, there's a fine balance to be had. Technology has its place and it can be a great tool to raise awareness, but I think it's important not to get too caught up in the stats. Learn to listen to your body – your watch doesn't know you've had a sleepless night and can't hit the pace it's asking. Instead, become more intuitive and train accordingly. Keep technology in its place and use as part of your training.

BACK TO BASICS

I'm old school. I like a simple stopwatch, a paper OS map and the innate ability to know how to hit the right pace and cadence. Sometimes I even run naked (that is, without a watch...). For me, complicated technology can be distracting and spoils my enjoyment of being at one with nature on the trail. I hate the constant beeping and worrying about whether or not the GPS signal is going to fail. I remember when we used to measure the route we ran in the car and used a measuring wheel on an OS map to work out the distance of an off-road route. I worry we overcomplicate things now and we're inundated with data, which adds pressure and stress.

SO WHAT DO WE NEED?

My advice? Keep training simple and use technology to support your training, not add stress. It doesn't need to be as complicated as we make it. Use technology to monitor progress and motivate you, but don't obsess over it. Keep it in perspective and maybe occasionally try running naked... You might like it!

Let us know what you think @ *runfitmag @runfitsarah*

Sarah Russell has over 20 years experience in the fitness industry as a running coach, trainer, freelance writer and athlete. She also has a Masters degree in Sport Science and is a qualified England Athletics running coach sarah-russell.co.uk

3 OF THE BEST... LIGHTWEIGHT SUMMER RUNNING CAPS

PROTECT YOUR HEAD FROM THE SUN WITH A WHITE LIGHTWEIGHT RUNNING CAP



1 Odlo Mesh Speed Cap £25
The mesh insert in this cap wicks away moisture. It's made from quick-drying material too.
odlo.com



2 2XU Run Cap £15
This nylon cap has air-flow vents for maximum breathability.
2xu.co.uk



3 DHB Letho Peaked Run Cap £7
This quick-drying cap has mesh vents and a handy Velcro fastening at the back.
wiggle.co.uk



Too much tech can distract you from why you're running in the first place!

WHAT'S ON IN **OCTOBER**

October is traditionally half marathon time, but there's a huge choice of distances to take your fancy. Here's our round-up of what's on:

SUPERSONIC 10KM BOURNEMOUTH FESTIVAL
DATE: 3 October
WHAT: Part of the Bournemouth Marathon Running Festival, the 'Supersonic 10km, takes place on the Saturday before the main event. It's a fantastic, flat and fast course great for setting a quick time.
run-bmf.com

KIELDER MARATHON NORTHUMBERLAND
DATE: 4 October
WHAT: 'Britain's most beautiful marathon' is a spectacular route following the shores of Kielder Water in Northumberland. Mostly flat with a few 'sharp' inclines, the terrain is a mix of trail and tarmac. There's also a half marathon, 10k and family fun run.
kieldermarathon.com

GARMIN KINGSTON RUN CHALLENGE
DATE: 11 October
WHAT: Now in its 27th year, the Garmin Kingston Run Challenge takes over the centre of Kingston and the Thames tow path. With three distances (8.2, 16 or 26.2 miles) on offer and a flat course, it's ideal for a new PB.
humanrace.co.uk

QUOTE OF THE MONTH

If you've had a particularly bad run recently or you're injured, then take a word of support from Batman:

"WHY DO WE FALL? SO WE CAN LEARN TO PICK OURSELVES BACK UP"



PEANUT BUTTER & PROTEIN BALLS

If you're fed up of processed sports bars, try making your own protein balls to snack on before or after running.

Ingredients

120g Nutrition X Big whey protein powder
120g flax seeds/ground nuts
60g chopped nuts
560g smooth peanut butter
5 tbsp honey
75g choc chips (optional)
Desiccated coconut for rolling (optional)

Mix together protein powder, flax seeds/ground nuts, chopped nuts and peanut butter. Add honey and choc chips and mix well. Bring the mixture together into balls. Roll balls into the desiccated coconut (optional). Place onto a plate and cover with greaseproof paper; chill in the fridge for at least 30 minutes before serving.

TOP TIP: These protein balls can also be frozen. Defrost fully before eating.

Created by the team at Nutrition X
nutritionx.co.uk
Big Whey Protein Powder Chocolate Flavour 1.8kg
£54.99



HELEN WRIGLEY

Experiencing great tragedy when she was 38 weeks pregnant, **HELEN WRIGLEY** found that running helped her to function and cope

Many people get overridden with guilt when they go off to exercise, but Helen Wrigley is proof that you can put both yourself and your family first, and still benefit from the mental/emotional wellbeing and physical fitness benefits of running. Tragically, when she was 38 weeks pregnant with their second child, Helen's husband took his own life.

"After my first child I wanted to lose weight and get fit," recalls Helen. "I joined a gym and saw a personal trainer and started doing some gentle running with my husband working up to 3km and then 5km but I wouldn't have called myself a regular runner. When I became pregnant the second time around I managed to continue with the gym but didn't like running. After my husband died and I had given birth to my daughter I felt a real need to be able to run. I now realise it was a reaction to the trauma I had been through." Helen found the strength to join a running club (sarahsrunners.co.uk), and she has now done her first 10k. She also works full time running her own business.

SUPPORT GROUP

"I really struggled though and over several months was not able to run for more than five or six minutes. I arranged a one-on-one session with [*RF*'s] Sarah Russell and in that one short session she showed me that I could run and gave me some great advice about warming up, slowing down and keeping going! She gave me the confidence that I could be a runner and I haven't stopped since then.

"I now run every week with Sarah's Runners which is one evening a week. This is mainly road/pavement running. When I first started with the running group I couldn't keep up with the three-mile group and slowly I got better, first completing it without walking and then completing it and feeling like I could keep going. It felt great when I moved up to the four-mile and I felt amazing completing my first five-mile.

RUNNING AFTER BEDTIME

"I also run with my dog on trails and footpaths between the school run and work. If I can, I try to do this morning run twice a week but it often gets shortened or missed and if so I try to do a second evening run. I have to take the dog for a walk every day and I will switch this for a run if my workload allows. I have a regular babysitter Tuesday and Thursday evenings and this makes sure that I go out whatever the weather. The children are now used to me going out after they have been put to bed. If I am staying with family or a friend is staying over I take advantage of them to get out and complete some extra runs!



Helen and her two young children.

GOING THE DISTANCE

"I was aiming to do the Tunbridge Wells Half Marathon last February but had an ankle injury followed by a really awful cold and cough which meant I couldn't run. I am now looking for an alternative half marathon to run. I was starting to enjoy running the longer distances and am working back up to this." For Helen, the benefits of running go beyond just physical fitness. "I want to be able to stay fit to be able to be sporty with my kids as they get older," she notes; "it seems even more important now that I am on my own with them. When my son was ready to start riding his bike without stabilisers I was able to run behind him easily and I know if I hadn't been out running regularly I would not have been able to do this. I really felt happy that I was able to do this and share this with him.

BODY AND MIND

"I have had back problems in the past (I had a biomechanics assessment after my ankle injury and was given exercises to target specific areas to relieve tension in my lower back) and I know that keeping fit and supple is important to maintain my back.

If I have been blocking my emotions out, it releases them and if I am feeling low, I feel better after a run.

"More recently, I have realised how important exercise, and especially running, is for my mental health. Often it feels like it allows my subconscious to re-organise things in my brain into a better order. If I have been blocking my emotions out, it releases them and if I am feeling low, I feel better after a run. If I ever feel that I can't be bothered to go out, I remind myself how much better I will feel afterwards.

"My dream place to run would be either along a beach in Australia north of Sydney or downhill in the Pyrenees. The place doesn't really matter when all is said and done; I would most like to be able to run with my husband again and show him how well I can now run."



"What I find most inspiring about Helen is that even though she's incredibly busy and life is very hard for her, she knows how important running is for her life and that it helps her function and cope... So she organises a babysitter and makes her running a priority. I'm very, very proud of her. She's a true inspiration that you can survive such tragedy." – **Sarah Russell**



Running has helped Helen come to terms with tragedy and improve her quality of life.

REFUELLING ON THE GO



DISCOVER THE NEW GLOBAL USN RANGE NOW AVAILABLE AT THESE STORES

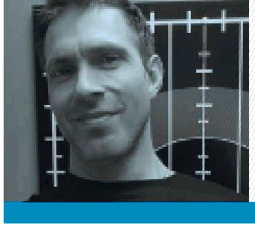
DW SPORTS STORES · LA fitness · GNC · HOLLAND & BARRETT we're good for you · TESCO · ASDA

CONVENIENT READY-TO-DRINK MEAL REPLACEMENT SHAKE

HIGH IN PROTEIN, LOW IN CARBS AND FAT

USN

WWW.USN.CO.UK · USN UK · @USN_UK · @USNUK



MATT PHILLIPS

INJURY SPECIALIST

How much is too much? Can you get injured doing too little? When asking the question, **HOW OFTEN SHOULD I RUN?**, there are a number of factors to consider, as Matt explains

When looking at ways in which we can minimise the risk of running-related injury, we often talk of the FIT factors: **Frequency** (how often you run), **Intensity** (how fast you run/how steep an incline) and **Time** (how far you run). In the case of intensity and time, our bodies soon let us know if we are doing too much but deciding how many times a week we should be running can prove harder to calculate. Is once or twice a week enough to see improvements? Is every day too much?

GENERAL HEALTH

For optimal health, research shows that we should be doing some form of exercise every day. However, this does not mean that you should necessarily be running every day. Subjecting your body to the same type of exercise daily, especially if it involves impact like running, can lead to overload of muscles, ligaments and tendons so it is good to seek variety.

RUNNING TOO MUCH

Research shows that injury risk increases if you run every day of the week. Rather than running every day, you are better off replacing at least two of those runs with another activity. Strength training helps runners reduce injury and improve performance, and the explosive strength it takes to hop from one leg to the other means that this needs to involve heavy weights; in many cases, bodyweight will not be sufficient. As a general rule, you should be looking at performing 8-12 repetitions.

RUNNING TOO LITTLE

Just as running seven days a week has been shown to increase risk of injury, so has only running one day a week. This often catches a lot of runners unaware, especially those with a busy work or family life which makes more than one session a week tricky. The problem is, if you only run once a week you are not stimulating adaption often enough to make progress. By stressing the body during that one run but then having six days off, the next time you run you are no stronger than before, and this opens the door to overload and injury, so run at least twice a week.

3 DAYS A WEEK

To make progress, two runs a week may not be enough. For most recreational runners, three times a week will bring far more gains. Three is enough to stimulate adaption but not too much that it could invite injury. Exactly how productive those three days are will depend on the intensity and duration of your sessions, but the advantage is you can make those sessions really count and then use the other days to recover. The general rule is make one of them a tempo run to develop intensive endurance, one of them a speed workout to build speed, and the other a long run to increase endurance.



Time and intensity are important factors as well as cross training.

MATT PHILLIPS
is a Running Injury Specialist & Video Gait Analyst at StrideUK & Studio57clinic in Sussex.
Follow Matt on Twitter: *@sportinjurymatt*

If you want to run injury-free, make sure you run at least twice a week

CROSS-TRAINING

As we said before, to help promote general health runners will benefit from doing some form of other exercise on the days they are not running. Two strength training sessions a week are heavily recommended, but you could also benefit your running by including non-impact exercises like cycling, swimming or rowing. You will still get the cardiovascular benefits and see a carry over into your running.

4+ DAYS A WEEK

Running four or more times a week will stimulate more adaption, but for many runners will also increase risk of injury. Some experienced runners run twice a day but these are normally runners who clock over 70 miles a week. So, how often should you run? There is no right answer. It depends on your lifestyle, fitness levels, experience and goals. But to reduce risk of injury, supplement your weekly run with strength sessions and cross training.

StrideUK is one of the UK's leading running technique companies which takes pride in helping people reduce injury and improve running performance by using clinical video gait analysis to examine your running technique and provide simple, easy to follow training programmes to get you injury free. For more information please visit ***strideuk.com***

SAVE 62%

Triathlon PLUS

SUBSCRIBE TODAY

3 ISSUES FOR JUST £5*

Save 62%** on the shop price **Free delivery** direct to your door **Never** miss an issue



2 EASY WAYS TO ORDER

1 POST

Fill in the form and send to:
FREEPOST RTKZ-HYRL-CCZX, Triathlon Plus,
Kelsey Publishing Ltd., Cudham Tithe Barn,
Berry's Hill, Cudham, Kent, TN16 3AG

2 CALL OUR SUBSCRIPTION TEAM

0845 241 5159

and quote offer code TPC102

Hotline open: Mon - Fri 8am - 6pm. Please note that calls are charged at your local rate, for further information please check with your service provider.

*PLEASE NOTE: 3 issues for £5 offer is a Direct Debit, UK subscription offer only. You can cancel at any time in writing in the first three months and £5 will be your only commitment. If you do NOT cancel in that time, a regular payment will continue at £23.40 still saving 20%, taken via direct debit from your bank every 6 months. **62% discount calculated on your first 3 issues.

SUBSCRIPTION OFFER SUBSCRIPTION OFFER Triathlon PLUS SUBSCRIPTION OFFER SUBSCRIPTION OFFER

YOUR DETAILS

Mrs/Ms/Miss/Mr Forename

Surname

Address

.....

..... Postcode

Daytime phone Mobile

Email

DELIVERY DETAILS (if different from above)

Mrs/Ms/Miss/Mr Forename

Surname

Address

.....

..... Postcode

Daytime phone Mobile

☑YES! Please send me the next 3 issues of Triathlon Plus magazine for just £5.

After 3 issues I understand that my subscription will continue at the low rate of just £23.40 every 6 months, saving 20% on the shop price – unless I write to tell you otherwise.

Instructions to your Bank or Building Society to pay by DIRECT Debit

Name of Bank

Address

.....

..... Postcode

Account name

Sort code | | | | | | Account number | | | | | | | |

Signature Date

Originator's Id number

8 3 7 3 8 3

Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit guarantee. I understand that this instruction may remain with Kelsey Media Ltd. and, if so, details will be passed electronically to my Bank or Building Society.

PLEASE SEND COMPLETED FORM TO:

**FREEPOST RTKZ-HYRL-CCZX, Triathlon Plus,
Kelsey Publishing Ltd., Cudham Tithe Barn,
Berry's Hill, Cudham, Kent, TN16 3AG**

Offer/prices available until 13th February 2015. Kelsey Media uses a Multi Layered Privacy Notice giving you brief details about how we would like to use your personal information. For full details visit www.kelseyshop.co.uk or call 01959 543524. If you have any questions please ask as submitting your data indicates your consent, until you choose otherwise, that we and our partners may contact you about products and services that will be of relevance to you via direct mail, phone, email and SMS. You can opt-out at ANY time via email data.controller@kelseypb.co.uk or 01959 543524.

Offer code: TPC102



LAURA FOUNTAIN

LAZY GIRL RUNNING

Taking part in a **RACE ABROAD** can be a great way to explore a new city and its culture, as Laura discovered when she signed up for the Copenhagen Marathon earlier this year

Travelling away for a race is usually a necessity for me where marathons are concerned. My 'local' race is London and as you probably know, that's quite a tricky one to get a place in. So I'm used to travelling up and down the UK to collect medals. I've pinned numbers to my chest from Edinburgh to Brighton and places in between and I've enjoyed seeing new places from a running perspective.

But over the years I've also found that, if you play your cards right, you can combine a marathon with a weekend away a little further afield. I don't drive, and train tickets don't come cheap, so once you start to do the maths, hopping on a budget flight starts to make sense. So now I've collected marathon medals in Germany, France and Italy too.

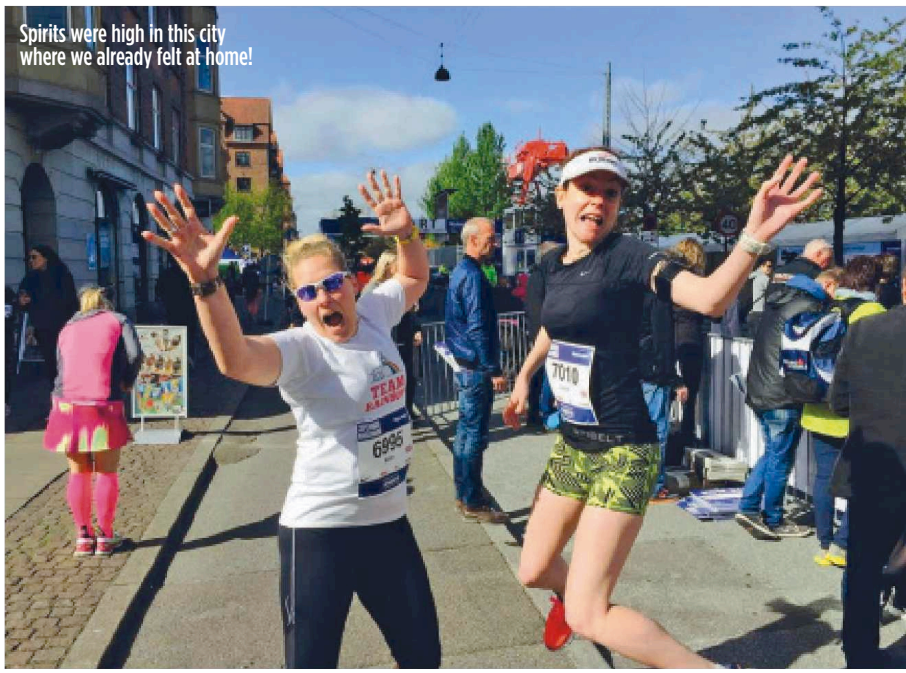
DANISH DISCOVERY

In May this year I packed my running shoes and headed for Denmark. I'd put Copenhagen Marathon in my diary for two reasons: I heard the course was flat and fast; and I'm a big fan of the TV programme *Borgen*. Choosing your next race based on the latest boxset you're working your way through isn't a conventional way of doing things, I know; I'm just glad I wasn't watching *Lost* at the time.

I'd never been to Copenhagen before, so for me it was important not to make the weekend all about those 26.2 miles on the Sunday. I flew out on the Friday morning, checked into a rented apartment and headed out to explore. I wandered into the city, spotted a few locations from my favourite Scandinavian dramas and found some food. On the Saturday, along with three friends who'd also entered the race, I went to pick up my number. Our trip to the Expo took us past several bakeries which it would have been rude not to pop in to, and back via a food market where we stopped for lunch. We wandered back to our apartment taking in the sights of the city and somehow found ourselves caught up in a carnival.



It's important to make the most of the weekend.



Spirits were high in this city where we already felt at home!

LAURA FOUNTAIN

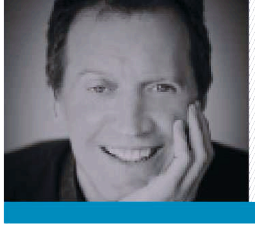
Laura Fountain is a marathon and ultra runner, a triathlete and a personal trainer. She teaches beginners how to run and helps them fall in love with running. **Follow Laura on Twitter: @lazygirlrunning**

When the race began on Sunday morning, we'd already had two days exploring Copenhagen. We were familiar with some of the landmarks we passed and knew when we were getting close to the finish, even without the aid of the kilometre markers, being as it was just downstairs from where we were staying. The marathon was a big part of our weekend: it was the motivator for the trip but it wasn't the sole reason that we were in Copenhagen. We wanted to explore the city, taste its food, drink its beer and see its sights. Some of that was done as a group, before and after the race, and some of it was done solo as we ran around the streets.

We all had very different races, some slower than anticipated, some more comfortable and one of our party didn't make the start-line. But we all had a great weekend. Along with our medals, we'd collected some good memories of a new place.

Wherever you're racing, at home or abroad, enjoy your weekends. We only get 52 of them each year; it would be a shame to waste any.

We wanted to explore the city, taste its food, drink its beer...



TONY PHILLIPS

A MILE EACH DAY

Running, especially solo, first thing in the morning, is one of the best ways to **SWITCH OFF** a busy mind. Tony explains how putting in the miles has made him a better communicator

Sixteen years ago I was attending a personal development programme, sitting in a large room with 200 people when the presenter said something that would have a massive impact on me, and my life:

"Some of you are sitting there thinking that you're good listeners."

Immediately I thought that I was indeed a good listener; I considered how I never interrupted people and always gave them a chance to finish what they were saying.

He carried on: "But many of you who think you are good listeners aren't good listeners at all because you're too busy listening to the voice inside your head." Then came his piece de resistance: "For those of you saying 'What voice inside my head? I don't have a voice inside my head' – that's the one I'm talking about!"

In a split second I realised that I never really listened to anyone because I spent my entire life 'listening' through a series of filters of my own judgements, opinions and interpretations.

These filters included what I thought others meant based on how I saw things; why I thought they were absolutely wrong because I assumed I knew what they meant and I didn't agree; and the one where I wasn't interested in what they were saying so I was off thinking about something more interesting to me.

All the while I would feign listening and nodding every now and again, making sure I wasn't rude by interrupting them or disagreeing out loud, at least until they'd finished.

It was this light bulb moment that changed the quality of nearly all of my relationships and indeed the direction of my career.

LISTENING TO MYSELF

So what's this got to do with running?

Running, especially an early morning run on my own, is one of the best ways to switch off my busy mind which is trying to keep up with all the things I have to do and haven't done. It's a time when my conscious mind can switch off and allow my imagination to take over; a time where I come up with new ideas and new solutions and approaches to existing problems.

It's a time where I come up with new ideas and new solutions to existing problems



A morning run will clear your mind before you start the day.

It's a time when I really listen to myself without those filters adding their own interpretations, distortions and meaning.

The added bonus is that when I give myself the gift of really listening to me, I find it easier for me to listen to, and really hear others.

I believe that listening is the most fundamental part of communicating and, in turn, that being able to communicate well is key to success in all areas of life.

So ask yourself: 'Can I really afford not to take the time to switch off to really listen to both myself and others?'

And if you want my advice, set yourself up by going out for a run…

TONY PHILLIPS is a personal coach working with entrepreneurs and business leaders. An enthusiastic back of the pack runner, in January 2010 he began an experiment to see how many consecutive days he could run at least a mile. Tony is fascinated by the lessons running and daily habits teach him about life.

Follow Tony on Twitter: *@AMileEachDay* or *coaching approach.co.uk*



DAN TYE

REACH NEW HEIGHTS

The Himalayas and **EVEREST BASE CAMP** hold a certain draw for those who run – and for those who have a natural affinity with the mountains

This month, I've been reading Lizzy Hawker's book *Runner*, while laying pretty much horizontal next to a beautiful blue pool in Zante. It's my first proper holiday in two years and my first proper dose of sunshine in about three. Sometimes it feels good to do nothing. I've packed my running kit (remains packed), but as I finish up reading Lizzy's book (in two days flat because I can't put it down) I assuage my guilt for not donning my trainers by promising myself I will go running in Chamonix and revisit Everest Base Camp. Lizzy is a five-time winner of the Ultra Trail du Mont Blanc and holds the world record for running from Everest Base Camp to Kathmandu (some 320km with over 10,000m ascent and 14,000m descent). Maybe her book struck a strong chord with me because I could identify with her love of the mountains and, in particular, Nepal.

MAGIC MOUNTAINS

I trekked to Everest Base Camp back in April 2002, at a pretty tough time in my life. I had left the RAF, not to embark on any specific new career, but knowing that I wanted to be in the mountains, active and have freedom of thought. In her book Lizzy explains how her love of the mountains came about on a family holiday to Zermatt when she was just six years old. She writes: "I knew then that the mountains, or more precisely what the mountains represented for me – beauty, challenge, exploration, the world – was where I would be drawn to – the stage on which part of my life would be played."

I was a similar age when my family first took me to Snowdon in Wales. I got cold at the summit and had to wear Dad's (awful patterned) jumper. Thereafter I'd seek out every opportunity to get up to the hills just so that I could see the amazing views.

TO BE RUNNING

The trek through Nepal was magical. It gave me new perspective; in actual fact it pulled me out of a spiral dive of depression. I will never forget how I felt at the top of Kala Pattar and seeing Mount Everest turn pink, purple and then orange as the sun rose. It was tough just walking down from 18,000ft, but to run it, like Lizzy has, not just once, but three times (first in 2007 then 2011 and finally in 2013), is truly awe inspiring. Each time she went faster too. I struggled for breath every five to six steps just going up Kala Pattar, not through lack of fitness, but because of the thin air at 18,000ft – it's hard to put into words what it actually feels like unless you have experienced it. You take a breath in, but it doesn't feel like it's doing anything and after a just few more steps you begin to pant like you're running. Given more time at altitude your body generates extra red blood cells and breathing becomes easier. When I returned home I went for a run round my usual loop. Boy did I fly. My body had made so many red blood cells at altitude that I felt like Superman on that run in the oxygen-rich air; I didn't even get out of breath.

Reading Lizzy's book has satiated my curiosity about what goes through an ultrarunner's mind. Out of all the insights that she gives to try to explain the why, the line that sums it up best for me is this: "To be running is enough. Because if I am running then I am alive. And to be alive is everything."

Runner, A short story about a long run is published by Aurum Press, £12.99



Whether you run or hike in the Himalayas, you will never forget your first sight of them

DAN TYE

took a love of cross-country running and outdoor pursuits with him into the RAF as a pilot. The call of the mountains was too great though and he became at ski instructor in Canada, before working as a journalist for the past 10 years. He now edits an online adventure lifestyle blog called Adventure 52, where he encourages everyone to make the most of his or her 52 weeks a year. Find him at: *@Adventure52mag or adventure52.com*

"I knew then that the mountains would be the stage on which part of my life would be played"
LIZZY HAWKER



DAVE STANDEN

TECHNOLOGY CORNER

Fitness technology companies are using your data to break into the **DIGITAL CONTENT GAME**. But will runners ultimately benefit from this stealth marketing technique? Dave investigates

Many fitness brands don't understand the digital world. Okay, so they might know what it is and have a general idea of how it works, but the majority tend to lack even the most basic understanding of how to use it to communicate with their audiences.

They often tend to treat it as just another broadcast channel, imposing a traditional structure on something that's constantly evolving. It's like sticking a dial on an iPhone. And for many, fitness brands, websites, social media platforms and other digital properties exist only to sell.

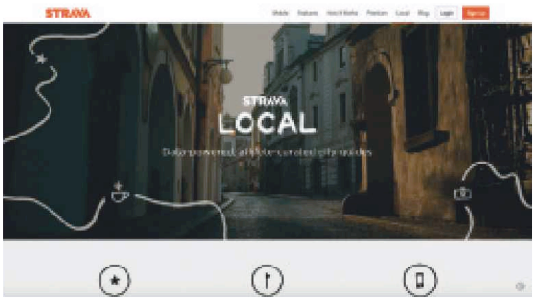
But things are changing. A few brands are bucking the trend, moving away from direct sales and instead – whisper it quietly – creating stuff that their audience might actually like. For example, Strava – the GPS activity tracking app – is continuing efforts to build its community by supplying content based on all of the data it gathers. It's produced Strava Local, a collection of 'data-powered, athlete-curated city guides'. These guides help runners and cyclists navigate some of the best routes in 12 cities across the world, including New York, London, Amsterdam, Paris and Berlin.

But why is Strava doing this? Is it an act of altruism – of giving back to the community? Well, not really. Fitness brands are working hard to get as many eyes on their content as possible in order to edge people closer to their products. That might sound cynical, but it's also true. The smarter companies have realised that people don't want a constant stream of ads every time they encounter a brand online. So they've started creating stories that cross the boundary of editorial and advertising, where the product isn't the star but instead helps to facilitate the journey. And Strava isn't alone. Other fitness tech companies are creating content to augment their product offerings. MyFitnessPal has been sneaking editorial content into its users' feeds for a while now. Scroll through the app and in among all the daily entries and reports are blog posts taken from MyFitnessPal's blog, Hello Healthy. Recipes, workouts and inspirational stories are all accessible in-app, keeping the audience there and engaged for longer.

And there it is, in a nutshell. Brands create content to capture your attention, move you closer to their products and hope – really, really hope – that you spread the word (preferably via each and every one of your social media accounts) about how great they are. But is any of this any good for runners?

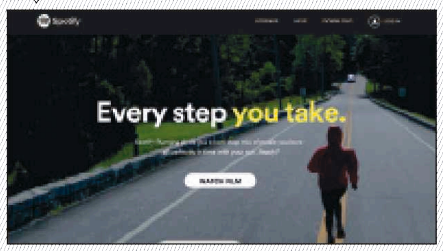
Well, yes and no. You'll see more and more fitness brands trying their hands at editorial-style digital content in the coming years. It will be integrated into services – like apps – and appearing on websites and in social feeds. Much of it will be awful, as brands try to put their products at the heart of every story. But the smarter brands, like Strava, will use their data to find out more about their audience, what they need and why they need it. And they'll use that information to try to make genuinely useful content.

DAVE STANDEN
writes about running, technology, and running technology.
Follow him on Twitter
@DavidStanden

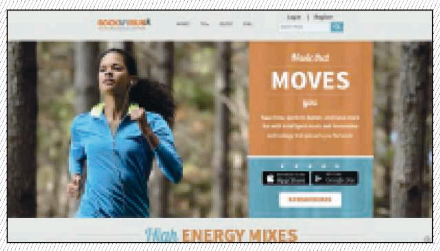


PACE MAKERS

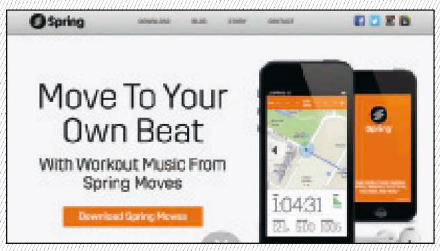
Spotify has runners in its sights – but are there any alternatives to the streaming giant?



SPOTIFY RUNNING
spotify.com/uk/running
Spotify's new service analyses your pace and finds music to match. You can choose from the 'Running Originals' playlists or a mood-based playlist. Alternatively, check out the 'Recommended For You' playlist.



ROCKMYRUN
rockmyrun.com
RockMyRun adjusts music to your tempo or allows you to choose motivational tunes to help push you harder. You can pick playlists based on genre or BPM and there are free and paid options.



SPRING
springmoves.com
Spring goes beyond catering just for runners and instead offers music based on the pace of any activity. Whether it's running, walking or cycling, this app has customised and curated music to suit your every movement.

We run for mums, sisters, friends, daughters, dads, partners, you.

We are breast cancer now

Find your challenge today
breastcancernow.org/fitness

Breast Cancer Now is the UK's largest breast cancer charity created by the merger of Breast Cancer Campaign and Breakthrough Breast Cancer.
Registered charity nos 1160558 (England and Wales) and SC045584 (Scotland).

FundRaising Standards Board



Nutcase

Often suffering from bad press due to their high fat content, nuts bring so much more to the table including **PROTEIN, VITAMINS** and **MINERALS**

A handful of nuts each day will fill you up, help sustain energy and provide enough nutrients to put many a 'superfood' to shame. *Running Fitness* foodie, Go Faster Food's Kate Percy, makes her case for nuts.

CRACKED OPEN

Loaded with calories and fat, weight-conscious runners often shy away from nuts. But don't be fooled: runners need to eat fat to help fuel the muscles, transport vitamins and proteins around the body and to absorb 'fat-soluble' vitamins A, D, E and K. In fact, a runner's diet should be made up of around 25-30 per cent fats, and the British Nutrition Foundation recommends that no more than 11 per cent of this should be saturated fats. Luckily, nuts are rich in healthy unsaturated fats, especially omega 3s, which can lower cholesterol as well as reduce inflammation. Nuts also provide protein, vitamin E, important minerals such as magnesium, copper, manganese and potassium, and dietary fibre. Excellent stuff for efficient post-run recovery.

SQUIRREL AWAY... choose quality over quantity

Let's face it, nuts can be extremely moreish! A small handful of nuts every day is good. Take fistfuls, however, and you'll overdose on fat and calories. Only really a healthy choice when eaten raw or dry-roasted, that pack of nuts with your pint in the pub will most likely be high in salt and cooked in unhealthy fats at high temperatures, which destroys the nutrients.

6 WAYS WITH NUTS

1 POST RUN NUT
A peanut, almond or cashew butter sandwich gives a nutrient-rich combo of carbs and protein stacked with electrolytes to replace those lost through sweat.

2 GLUTEN-FREE NUT
Replace wheat flour with ground almonds, hazelnuts or walnuts in cakes and crumble mixes. Good for the heart and great for reducing inflammation and muscle soreness.

3 SAUCY NUT
Crushed peanuts added to stews and soups as they do in oriental and African cuisine (See the recipe opposite), will boost nutrients and enrich the sauce.

4 NUT ROAST
Roast pistachios for 5 minutes in the oven at 160°C, leave to cool and store in a screw-top jar to sprinkle on salads, couscous, porridge or use in granola. They taste fantastic, are lower in fat than other nuts and are rich in potassium which can help prevent cramping.

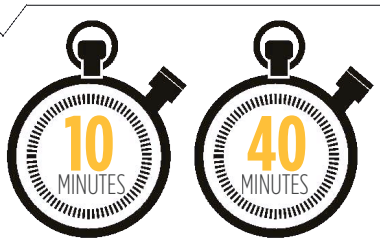
5 DRESS TO IMPRESS
Use walnut, almond or hazelnut oil in salad dressings or drizzle over vegetables.

6 SMOOTHIE NUT
Blitz your favourite smoothie with handful of almonds for a tasty boost of vitamin E, calcium and magnesium.



RECIPE OF THE MONTH

Fiery Chicken Peanut Stew



PREP TIME **COOK TIME**

Ingredients for 4

2 tbsp olive oil
8 skinless chicken thighs
1 onion, peeled and finely sliced
3 cloves garlic, peeled and crushed
2cm piece of fresh ginger, peeled and grated
1 red, green and yellow pepper, stalk and seeds removed, diced into 2 cm cubes
1 large sweet potato, peeled and diced into 2 cm cubes
1 red chilli, de-seeded and finely chopped
2 tbsp tomato puree
1 x 400g tin chopped tomatoes
2-3 tbsp coconut milk (optional)
3-4 tbsp crunchy peanut butter
1 sprig fresh thyme, or 1 tsp dried thyme
2 tsp ground coriander
1 tsp ground cumin
1 tsp cayenne pepper (or to taste)
Salt and freshly ground black pepper
Chicken stock
1 x 25g pack French coriander, roughly chopped
Juice of half a lime and another lime, cut into quarters

METHOD

1 Heat the oil in a flame-proof casserole dish, and brown the chicken over a medium to high heat.
2 Turn the heat to low, add the onion, garlic and ginger and gently sauté for a few minutes to soften the onion.
3 Stir in the vegetables and the chilli and then add the tomato puree, tomatoes, coconut milk, peanut butter, thyme, ground coriander, cumin and cayenne pepper, a little salt and plenty of freshly ground black pepper. Top up with enough chicken stock to cover everything.
4 Bring to the boil, cover and then reduce the heat to a simmer.
5 Cook on the hob, covered, on a low heat, stirring frequently, for 30-40 minutes, until the chicken is cooked and the sauce is deliciously thick. Add the lime juice and adjust the seasoning according to taste. You may have to add extra chicken stock if the sauce becomes too thick.
6 Sprinkle over the fresh coriander and serve with lime wedges on brown rice or couscous.

Why is it good for you? I've been fascinated by West African cuisine recently. Packed with fiery flavour and goodness, it's perfect for fuelling endurance sport. Peanuts are widely used in Africa, especially in soups and stews. And this is a good thing – the latest report from Maastricht University states that eating a small handful of peanuts every day can be beneficial to our health. Perhaps this is one of the secrets behind Africa' phenomenal running prowess! If you're allergic to peanuts, you could try this recipe with almond butter, or use a nut-free butter like Wow. Sustaining and comforting, enjoy this training supper with couscous or brown rice, or simply on its own with a hunk of crusty bread.

Nutrition per serving Energy (kcal) 513 **Carbohydrate** (g) 26 **of which sugars** (g) 11 **Fat** (g) 30 **of which saturates** (g) 7.5 Protein (g) 40 **Salt** (g) 2 **Fibre** (g) 6

FOR MORE RECIPES, VISIT GOFASTERFOOD.COM





Kate Percy Athlete and cook, Kate is passionate about the link between good eating and better performance. Her bestselling books, *Go Faster Food* (£12.99), *Go Faster Food for Kids*, (£16.99), and *FuelSmart for Race Day* (£3.99) bring top sports nutrition advice to life with delicious recipes to help athletes fulfil their potential. They're available on amazon.co.uk, in bookstores, or get a signed copy from her website at ***gofasterfood.com***

Holiday Running

Whether you want to maintain fitness, tackle some new routes, or you've booked a race, make your holiday running **WORK FOR YOU** with our training tips

Holidays mean different things to different people. For some, a holiday is just that: a complete break from everyday life; and that includes training. For others, however, a holiday creates a great opportunity to get some extra mileage in, explore new runs and ramp up the training.

Either way it doesn't matter what you choose to do... Just be sure you know what your goal is before you go. Will you realistically go running? If the answer is no, then leave your shoes at home. You don't need them sitting there making you feel guilty. If, on the other hand, a 'holiday' is actually code for 'training camp' then great, go for it.

FIND THE BALANCE

Holidays tend to be a typical family break involving a beach, pool and bar. Even if you want to get some well earned R&R, it's a great idea to try and stay on track with your training while you're away so you don't undo all your good work. A relaxing holiday is all well and good, but arriving home unfit and carrying a few more pounds is less fun. It's one thing heading off with good intentions, making it happen is another matter altogether and requires a bit of planning. Here are our top tips:

KEEP EVERYONE HAPPY

If you're on holiday with your family, they might not appreciate sitting around waiting for you to finish your session. Be considerate; train early in the morning and get it done before they want to hit the beach. You'll miss the heat of the day and you can then relax without guilt.

KEEP IT SIMPLE

Wherever you go in the world, you should be able to find a way to run, even if it's on the hotel treadmill. A straightforward 'out and back' route from your hotel or apartment could well be the best choice outside. It might not be exciting, but it'll get the run done. Try following the beach-front, river or cliff top path for a set time of 15-20 minutes and turn around.

NO PRESSURE

Holidays are meant to be for relaxing, so don't put too much pressure on yourself to try and keep up with your normal schedule. Reduce your mileage and perhaps keep runs to 30-40 minutes. Don't fret about mileage, pace or distance, just tick over and allow yourself some down time. Leave your GPS watch at home and run to feel and time instead.

EXPLORE

If you're more adventurous, use your holiday runs to explore the local area. Plot your routes before you go using Mapometer or Strava and you'll be all set to go as soon as you land. If you're on holiday in a city, then running can be a fantastic way to do some sightseeing. Use a lightweight running backpack such as the 'Osprey Rev 6' to stash a drink and some money for a coffee.

GO CLUBBING

Do some research before you go and you'll likely find a local running club or group. Contact them in advance and find out when they train and if it's okay to go along as a guest when you're there on holiday. Most are very friendly and welcoming and will be thrilled to show you their local stomping ground.

PACK LIGHT

Holiday running may require a re-think of kit depending on where you're going. If it's very hot, then you might just need a pair of light shorts, cap and sunnies. A crop top can double up for the beach and pick your lightest trainers and wear them to travel in to free up precious luggage space. Check out our 'holiday running' products on p32.

PARKRUN

If you're holidaying in the UK, then look up the local parkrun to get your racing fix. With over 50 locations in the UK, you should easily be able to find a parkrun to coincide with your holiday plans! And no excuses from the family either, as they can all join in (parkrun.org.uk).

MIX IT UP

Even if you can't run, you may still be able to use the hotel gym or swim laps (see our swim feature on p36). Use your holiday as an opportunity to try different activities. Stay fit and active, but mix things up and try new activities such as surfing or coasteering. You'll still get your activity fix!

MAKE IT WORK FOR YOU

Unless you're on a training camp, don't make the mistake of promising to run every day on a family holiday, it rarely works out that way. Be clear and realistic about how much running you'll be able to do and reduce your expectations. Tick over: three short runs per week will maintain your fitness, keep the family happy and get the best of both worlds! Happy holidays.

WHAT'S YOUR HOLIDAY GOAL?

CHILL OUT

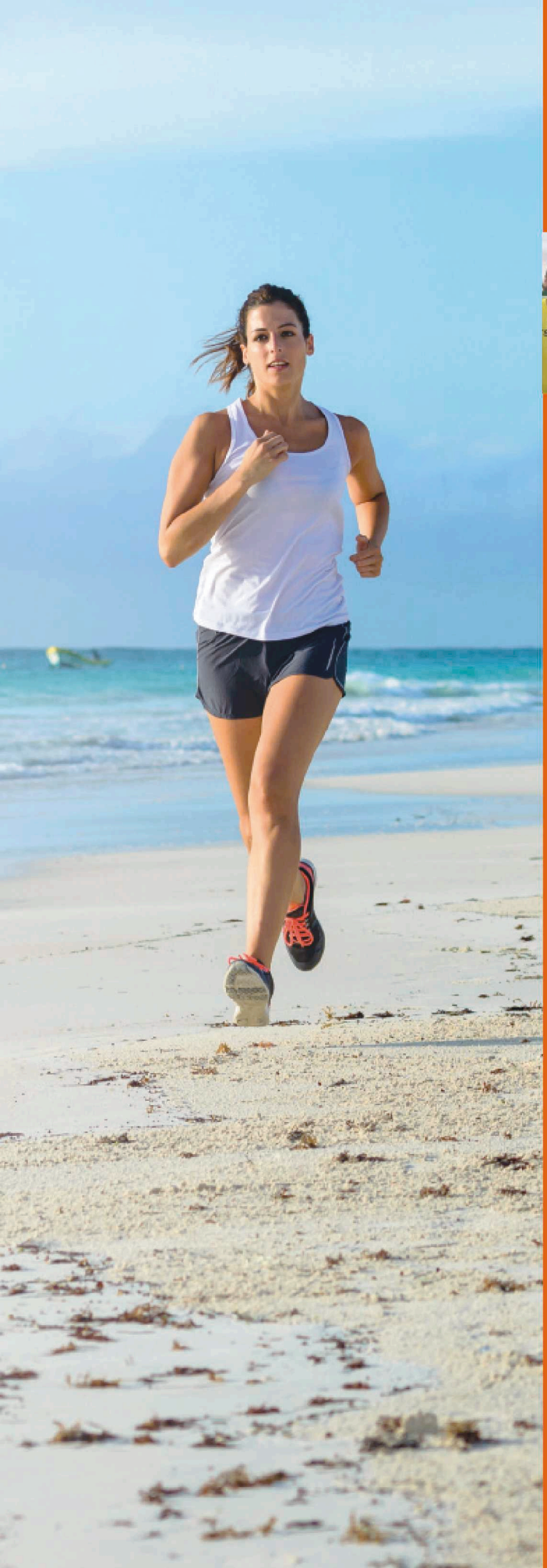
Purposefully choose to take a relaxing beach holiday right after a marathon or big race. Leave your trainers at home and relax properly. That way you'll get plenty of downtime to recover and won't feel guilty about lying on the beach or enjoying a cocktail or three. Your family might enjoy more of your company too! Especially if you've been a bit absent lately...

RACE AND HOLIDAY

Combining a holiday WITH a race is a great idea. Find an event you've always wanted to do and tag a holiday on afterwards. There are thousands of events to choose from, in stunning locations all over the World. Use 'racing' as an excuse to travel and see some interesting and exciting places. Check out travel and events organiser 209events.com for ideas.

ACTIVITY HOLIDAY

If you actually prefer an active holiday, then try a training camp or organised running holiday. Club La Santa in Lanzarote is the training mecca and great for active families too (see column opposite). But the options really are endless so think creatively and use the trip as a way to explore somewhere you've never been. Try the Scottish Highlands or head off to the Alps for a training camp.



REAL RUNNER – *active on holiday*



***Running Fitness* reader Andrew Flanagan took on new challenges at club la Santa this year, and made a new friend along the way...**

'Club La Santa in Lanzarote is a paradise for runners, cyclists and swimmers. There's plenty to do for the kids with playgrounds, children's pools and childcare. The training facilities are world class and there are two 50m training pools, a 400m running track, badminton, tennis courts and every fitness class you could possibly imagine. But equally there's space and time to relax with a spa and restaurants too. The perfect destination for a family spanning a wide age range; which will keep everyone happy. clublasanta.co.uk.

'I enjoyed a relaxing but active week in party of 25. As a runner myself I loved the friendly atmosphere and was happy to challenge myself and participate in the duathlon and triathlon events as well. The staff are athletes and coaches themselves rather than merely facilitators and they know their sports. The daily 5k runs were a great start to the day and there were plenty of yoga and stretching classes in the afternoons that complemented my training. It was a pleasure to run the half marathon alongside parkrun founder Paul Sinton-Hewitt, too, who was enjoying his week there as well.'

5 OF THE BEST RUNNING HOLIDAYS



1 Algarve Training Camp
The Algarve in Portugal offers stunning running, sunny weather all year round and great training facilities. 209 Events organises summer and spring training camps for all abilities with expert coaches including former London Marathon winner Mike Gratton.
209events.com

2 Scottish Highlands Running Tour
Head to Scotland for breathtaking scenery, tough running and a guided tour of the most beautiful Scottish Highlands. Sign up for training weekends and running tours in some of the UK's most rugged mountains.
runningthehighlands.com

3 The Alps Running Tours
The Alps will give you the best running experience of your life. There is nothing better than the fresh alpine air, stunning views of the Matterhorn, Mont Blanc or Eiger and being out on the trail. Visit this site to find amazing running tours traversing some of the most famous mountain terrain in the world.
runthealps.com

4 Trail Running in Spain
A running holiday in Spain can offer mountains, sandy beaches, coastal paths and relaxing fun in the sun. The choice is yours. Choose from a trail running holiday in the Spanish mountains through to a running and pilates training week with
runinthesun.com

5 Travel the World
Use a running tour as a great excuse to travel somewhere more unusual! Run the Danube, run in Tuscany or choose from an adventure marathon at the Polar Circle, Great Wall of China, South Africa or Bagan Temple Marathon. Have the adventure of your life!
albatros-adventure.com

HOLIDAY PRODUCTS

Keep up your running on **VACATION** with these hot pieces of kit



Running Fitness
ED'S PICK OF THE MONTH

» **BUFF £16**
Soak your buff in cold water or fill it with ice cubes to keep you cool before and during a hot run! We love the High UV Protection Buff for summer.
buffwear.co.uk



» **DHB TRIPLE LENS SUNGLASSES £19.99**
These shades from DHB offer 100% UVA protection, 3 interchangable hydrophobic lenses – repelling sweat and water – and come with a padded case. Amazing value.
wiggle.co.uk

» **NATHAN WAIST BOTTLE BELT £38.99**
This lightweight bottle belt holds three 300ml flasks and has a handy pocket for keys or your phone; perfect for a long holiday run. Takes little space in your bag and bottles can double up on the beach.
nathansports.com





» SWEATY BETTY INTERVAL RUN VEST £60
Slightly cropped design makes this loose and lightweight vest perfect for a holiday run. Breathable technical fabric and in a gorgeous red colour too!
sweatybetty.com



» OSPREY OZONE 80 £140
This durable 80l rolling travel bag is perfect for a running holiday or family break. One of the lightest rolling bags (only 2.25kg) on the market, yet incredibly strong and spacious.
ospreyeurope.com

» SAUCONY SPEED OF LIGHT MEN'S SHORT £35
Featuring ventlite mesh panels and mesh inner boxer brief liner, these super light shorts keep you cool even when you're pushing the pace.
saucony.co.uk



» ODLO JEM RUNNING SKIRT £40
Ultra-lightweight running skirt with inner shorts. The super-fine stretch fabric feels like you're wearing nothing. Will take you from run to beach and provide a little more modesty. We love the purple colour!
odlo.com





» ODLO EVOLUTION X-LIGHT MEN'S BASELAYER £35
This seamless, extremely lightweight shirt provides optimal moisture transport and better ventilation, keeping you cool and dry. 'Effect by Odlo' antibacterial silver fabric helps banish any unpleasant odours too!
odlo.com

» HYDRACOACH £22
Proper hydration is essential, whether you're home or abroad. The Hydracoach helps keep track of your daily hydration, calculating how much you need to drink and encouraging you to stay properly hydrated.
hydracoach.co.uk



» ADIDAS CLIMACOOL COSMIC BOOST SHOES £110
Made with 'climachill' – a special fast drying mesh fabric, keeping your feet cool when the going gets hot. Boost technology provides just the right amount of stability and cushioning. The perfect holiday running shoe.
adidas.co.uk



DO YOU HAVE A FAVOURITE PIECE OF KIT? Join our running community at: Twitter: *@Runfitmag* or Facebook: *facebook.com/RunningFitness*

FOCUS ON FOOD

We dip into nutrition expert and *RF* contributor **RENEE MCGREGOR'S** book *Training Food* for some training fuel advice...

Fuelling with the right foods can make a huge difference to sports performance. Nutrition is as important for recovery as it is for performance, replacing lost resources and preparing the body for the next training session. There are different energy pathways for metabolising fuel depending on the intensity and duration of your exercise.

RECOVERING FROM MODERATE-INTENSITY SESSIONS

Remember that this steady state is one that hasn't taxed the body too much, so in terms of recovery, the window available to refuel will be up to 2 hours of finishing. In most cases this will tie in with your next meal. The only exception to this might be if you choose to train later in the evening when you have already eaten your dinner. You may come home to find you need something to help you recover but also prepare you for bed.

RECOVERY FROM ENDURANCE SESSIONS

Recovery from endurance sessions is extremely important. Although you may not have put a huge amount of stress on your cardiovascular system or muscles, you will have completely depleted your glycogen stores. These will need to be replenished as soon as possible. A combination of carbohydrate and protein is essential as soon as is practically possible: definitely within the first hour of finishing your session and then every two hours after that until your next meal. Aim for 1–1.2g/kg BW of carbohydrate and 0.25g/kg BW of protein.

Let's take a 65kg/143lb male athlete who has been on a three-hour bike ride, which finished at 2pm. His requirements will be 65–78g carbohydrate and 17g protein:

2.30PM 500ml/17fl oz chocolate milk and banana (75g carbohydrate and 18g protein)

4.30PM 2 slices of wholegrain toast with ½ can baked beans, 150g/5oz fruit yogurt (78g carbohydrate, 17g protein)

6.30pm 3 slices of malt loaf, 50g/1¾oz nuts (any unsalted) (60g carbohydrate, 17g protein)

8.30pm Main meal

This type of refuelling is even more important if you are planning on a further training session within 24 hours.

RECOVERY FROM HIGH-INTENSITY TRAINING

Recovery choices are extremely important after high-intensity sessions. This may have been a shorter session but, due to the intensity at which you have been working, you will have potentially depleted your glycogen stores. This type of session will also have put a lot of stress on your body and so recovery and repair is going to be paramount, especially if you have a further training session within 12 hours, regardless of the type of session.

If you have a session within 12 hours, then ensure recovery is within 30 minutes of finishing this session and includes 1.2g/kg BW carbohydrate and 0.25g/kg BW protein in a liquid form with fast-acting carbohydrate and easily digestible protein, e.g. flavoured milk or a protein and carbohydrate shake.

If it will be over 12 hours before your next training session, ensure recovery is within 2 hours of finishing this session and includes 1.2g/kg BW carbohydrate and 0.25g/kg BW protein as a meal, e.g. a jacket potato with tuna and salad, and a glass of milk.

LET'S DO LUNCH: Try this simple idea for a light lunch that packs a punch



SALMON MUSCLE-RECOVERY WRAPS

Serves 2
Preparation time: 10 minutes

200g/7oz grilled or canned salmon, skinned and flaked
2 tbsp plain yogurt
1½ tbsp lime juice
2 wholemeal tortilla wraps
½ avocado, sliced
2 large tomatoes, sliced
2 handfuls of shredded lettuce

1 Mix the salmon with the yogurt and lime juice.

2 Divide the salmon mixture between the wraps and top each one with half the avocado, tomato and lettuce. Roll and fold each wrap to encase the filling. Serve straight away, or wrap in cling film/plastic wrap for a portable meal.

Nutrition facts (per serving)
Calories 534
Carbohydrate 51.8g
Protein 32.5g
Fat 23.1g (of which saturates 4.6g)





HERO FOOD: MILK

It has been well documented that milk is the ideal choice for recovery from high-intensity exercise.

When you look at the recommendations for recovery in terms of carbohydrate and protein, the suggested amounts are equal to a 3:1 ratio of carbohydrate to protein. This ratio ensures ideal recovery for the body, particularly after high-intensity exercise, training or competition, when glycogen stores will be completely or close to completely depleted. This is further enhanced if carbohydrate is in a fast release form and protein is easily digestible. The milk sugar (lactose) and whey protein in milk provide this balance, making it a perfect recovery choice. Additionally, milk is a good source of minerals and electrolytes, which are also important for rehydrating post exercise.

"The milk sugar (lactose) and whey protein in milk make it a perfect recovery choice"



Easy Snack Suggestions



- »FLAVOURED MILK
- »MILK-BASED DRINKS
- »CEREAL BARS
- »CHIA CHARGE BARS
- »9 BARS
- »NAKED BARS
- »NOOKIE BARS
- »CLIF BARS AND SHOTS
- »DRIED FRUIT AND NUT MIXES
- »SALTED PEANUTS
- »STUFFED DATES – ADD A TEASPOON OF LOW-FAT CREAM CHEESE FOR A QUICK, ENERGY-RICH SNACK
- »JELLY BABIES

RECOVERY DRINKS

Often after a hard training session, appetites can actually be suppressed at first, but it is also the most important time to take in nutrients to help with the recovery process. Having a drink could be the best solution as not only will it start replacing carbohydrate and protein, it will also help with rehydration. The general rule of thumb for a recovery drink is that it should be 3:1 carbohydrate to protein. The easiest way to achieve this is to use a milk-based option. A lot of the protein shakes and recovery drinks on the market are actually just glorified milk. Why not save some money and make your own tastier versions such as smoothies or a caffeine drink? To make the perfect latte all you need is 1 shot of strong espresso topped with 250ml/9fl oz/1 cup warm milk.



Take the PLUNGE

Swimming is a great activity for injured runners. But did you know that it can **STRENGTHEN HEALTHY BODIES**, too? We explain why swim training is the perfect holiday workout

WORDS Sarah Ivory



Chances are you've got a holiday coming up soon. And whether you're headed for an inner city hotel or beachside retreat, this presents you with a dilemma – how will you stay fit on vacation? After all, it seems such a shame to let your hard-won endurance whittle away while you relax poolside. But holidays aren't just a chance to de-stress and unwind – often, the best way to recharge is to get moving, especially if a normal working day means being tied to the desk for seven hours.

Approximately 50 per cent of Brits are now looking to active vacations as a way of boosting their fitness during their downtime, and keeping fit on holiday is important to a whopping 82 per cent of people*. Anecdotal evidence shows that many runners struggle to muster the energy to continue training hard while on their hols. The answer? Swap dry land sessions for water workouts. Vacations provide the perfect opportunity to switch up your routine, and swimming is one of the best holiday training options. "It's easy to get bogged down with lots of running, so sometimes it's nice to mix up training and do a bit of swimming," agrees Andy White, swimming coach at Swimmergy (swimmergy.com). "Swimming on your own will give you time to get into the right headspace. You'll have time to think, get into a rhythm and relax."

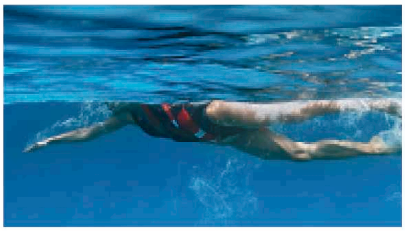
But how does the discipline improve running ability? Swimming gives the body a chance to move in a different way, strengthening weak muscles, lengthening tight tissue and helping to increase running efficiency. "Swimming and running are both great forms of cardiovascular exercise," adds Georgie Bloy, Virgin Active's swimming manager. "Swimming can increase your lung capacity, enhance endurance, build strength and aid recovery without high-impact pressure on the body. It's also good to be in a lateral position, rather than the upright running stance, as this boosts blood flow back to the heart."

BALANCE OUT YOUR BODY

One of swimming's biggest contributions to running lies in its ability to balance the body. The repetitive nature of running means that striders create tension in the same areas, and this can lead to muscle imbalances. Swimming uses different movement patterns that stretch out tight tissue and strengthen muscle groups that get forgotten when run training. "Swimming can increase a runner's flexibility – ankles in particular," adds Andy. "Runners tend to have very tight ankles but swimming strengthens the ligaments and tendons in the ankle area, improving ankle mobility."

SWIM SESSIONS FOR RUNNERS

Want to crank up the intensity of your next swim? Then give these sessions from Georgie Bloy of Virgin Active a go!



SPRINTS: Go faster by doing 50m of front crawl as fast as you can then take a 30-second rest before going again. Try to complete 10 sets.

ENDURANCE: Increase your stamina by swimming four 100m laps at a slow but consistent pace using the front crawl stroke. Take a 30-second rest between each set.

STRENGTH: Buy a kickboard and hold it lengthways in your hands when in the water. Kick your legs out behind you to power up the pool. Complete four lengths of leg kicking every session.

Research has linked poor ankle mobility to tight calf muscles and a greater amount of rear foot pronation, which, in excess, can lead to foot, lower leg and knee injuries. Fortunately, swimming can help.

But don't just swim one stroke up and down the pool – take time to do a few swimming drills. Swimming offers great versatility in that it allows you to strengthen weaker muscles, or rest tired areas, through targeted training. Need to work your legs? Different swimming drills and strokes use a variation of kicking patterns that hit different parts of the leg muscles. Front crawl, for example, targets mainly the quadriceps muscles, while backstroke focuses more on the hamstring group. Breaststroke kick uses similar muscles to front crawl but also engages the adductor and abductor (inner and outer thigh) area. "Isolating the lower body muscles by doing breaststroke legs will help increase the range of movement in your hips, strengthening muscles around the hips and reducing your risk of a running injury," explains Georgie. "The front crawl kick movement will also loosen the ankle joints, and using fins will further increase the range of moment within the ankle area."

Still, if you want to rest your legs completely, a pull buoy is a fantastic tool that you place between your legs to keep your body buoyant while you do arms-only work. "Swimming is a very technical activity and it really makes you think

POOL TOOLS

Useful kit for your swimming sessions



Aqua Sphere Seal XP2 Swimming Mask £19.99 Great mask for outdoor swimming.
aquaspherewswim.com

Aqua Sphere Speed + Cap £14.99 Your head will be warm during open water sessions in this super-bright swimming hat.
aquaspherewswim.com





Speedo Biofuse Fin £23 Add fins to your swim workout for a stronger session.
speedostore.co.uk

about your form," adds Andy. "This translates well to running because it makes you more aware of your technique when you head out on the roads. Suddenly, you'll be more mindful of your body and how it moves – you'll realise that if you do that, you'll run faster, or if you do this, you'll be more efficient."

INCREASE YOUR LUNG POWER

As a cardiovascular activity, it goes without saying that swimming is a huge boon to your aerobic fitness. But pool paddling has a lung-boosting secret – it forces your body to process oxygen more efficiently. Being face down in the water improves your lungs' ability to deliver oxygen around the body. According to data, at peak fitness, swimmers' lungs use oxygen three times more efficiently than those of an average person. Wow. "Breathing is one of the most important components of swimming," explains Andy. "A good breathing rhythm is critical to good body position in the water and that translates nicely to breath control when running."

Experts note that breathing bilaterally (on each side: often every third stroke) is an important skill to master. Most people have a dominant side – the side that you turn to take a breath – and breathing only on this side can lead to an unbalanced stroke. Bilateral breathing will prevent your strong side from overcompensating and not only will this make it easier to swim in a straight line, but it will also bring muscular balance back to your body. Hooray!

TAILOR YOUR TRAINING

As well as providing a boost to your breathing, swimming will enable you to train both anaerobically and aerobically – and, in this respect, it's very similar to running. "I think it's key to mimic your running fartlek training in the pool," advices Andy. "Do sets of 100m or time your efforts in the pool in the same way you would when running."

Experts argue that swimming isn't given the kudos it deserves. While paddling up and down the lane may seem dull, it can in fact be one of the best ways to boost your mental capacity for running – especially if you head out into the sea to battle against the tide. "The mental skills involved in open water swimming correspond really well to running," adds Andy. "You need to know when to dig deep, what's going on with your body and what you've got left to swim hard against the tide. One thing that we teach people out in the sea is to do hard bursts of swimming for 100m. You can do this in the pool and it represents the effort you'll have to put in to swim against the current. It's very similar to running up a hill – you even need to change your stroke in the same way that you change your stride pattern when you run up and down hills."

So swimming may have more to offer the runner than you think. Its biggest allure? Swimming mimics running in that it is athlete versus nature. Swim in the sea and you need little more than your swimming togs to get going. "There aren't many sports that have the closeness with nature that running and swimming can offer," agrees Andy, "and I think that it's this 'back to basics' offering that makes swimming such a great sport." We couldn't agree more.



TOP TRAINING TIPS

Inject purpose into your swimming with these easy tips...



MIX IT UP

Make your next swim even tougher by adding a few sprints to the mix. Try completing 6-8 150m repetitions and swim the first 50m at an easy pace, the second 50m at a steady pace and the third 50m as hard as you can.

GO FOR LONGER

Just as you clock a long run each week, you should aim to boost the amount of time you can spend swimming in the pool. Begin with a 400m warm-up and end with a 400m cool-down, and then try to swim for 40 minutes in between.

GET POOL RUNNING

Pool running is a great cross training activity for striders. Wear an aqua belt and hit the pool to run up and down the lengths. You can mimic the running sessions that you would do on land. For example, two minutes swimming at a hard pace followed by one minute at an easy pace.

DO SOME DRILLS

To improve your technique, try doing some drills. The internet is a great source of swimming drill ideas if you are new to the notion. Here are a few of our favourites – the single-arm drill, the catch-up drill and 616 (swim on your side, perform six kicks, swim one stroke to rotate to the other side, and then perform six kicks). Google them.



"Swimming can increase lung capacity, enhance endurance, build strength and aid recovery without high-impact pressure on the body"

INSPIRED?
GET IN TOUCH @Runfitmag OR SHARE ON Facebook.com/RunningFitness



2-WEEK HOLIDAY SWIM PLAN

Want to keep fit in the pool? Follow this simple plan from the Get Speedo Fit campaign.

MON	TUES	WEDS	THURS	FRI	SAT	SUN
DRY LAND WORKOUT	SWIM SESSION 1	REST	SWIM SESSION 2	REST	DRY LAND WORKOUT	SWIM SESSION 3
REST	DRY LAND WORKOUT	SWIM SESSION 1	REST	SWIM SESSION 2	REST	SWIM SESSION 3

DRY LAND WORKOUT

Head out for an easy run or do a gentle form of activity that will re-inforce some of the key swimming positions and improve balance, such as Pilates or yoga.

SWIM SESSION 1

Try this workout or create a swim session of your own that mimics your run training

» 12x25m front crawl. Use a pull buoy every 3rd length .

» 4x50m front crawl. Increase pace to swim 1/3 easy, 1/3 medium and 1/3 hard.

» 10x150m front crawl with a 20-second rest between efforts. On the odd swims (reps 1,3,5 etc), swim the first two lengths with a single arm (one length with the right arm; one length with the left arm). On the even swims (reps 2,4,6 etc), swim full front crawl.

» 4x25m front crawl cool down.

SWIM SESSION 2

Try this workout or create a swim session of your own that mimics your run training

» 8x25m front crawl to warm up

» 4x25m. Use fins to perform the 'catch up' drill (hold one arm outstretched and wait for the other hand to catch it up before moving that arm under the water).

» 750m front crawl split as follows: 2x25m, 4x25m, 6x25m, 8x25m, 10x25m.

» 4x25m stroke of your choice to recover.

SWIM SESSION 3

Try this workout or create a swim session of your own that mimics your run training

» 6-min easy warm-up. Do the first 5-10m using legs only.

» 6x25m kick. Use fins to do legs-only work.

» 5-mins front crawl with fins on.

» 6x25 kick. Use fins to do legs-only work.

» 6 mins front crawl to cool down.

This was part of the Get Speedo Fit campaign, which aims to highlight the benefits of swimming as part of an effective fitness regime. Visit speedo.co.uk/news-tips-techniques

*ACCORDING TO RESEARCH BY TRAVELEX

ON TEST THIS MONTH

Our product focus feature takes a deeper look at some of the **HOTTEST GEAR** on the market, with in-depth and honest reviews that you can trust

FITBIT SURGE

Our wareable.com tester says:
"As an everyday activity tracker, it's great, and for casual runners getting into heart-rate training, it might just be what you're looking for."

Price: £184 (available in tangerine, black or blue)
fitbit.com/uk

- Heart-rate monitor
- Independent GPS
- Comfy rubber strap
- Works for other sports including tennis



The wearable tech experts at Wareable.com tested the Fitbit Surge, Fitbit's first true sports tracking wearable aimed at those who love running, working out and now, thanks to its new mode, cycling.

WHAT DOES IT DO?

The Surge tracks your steps, calories burned, distance travelled, active minutes, floors climbed and elevation. These stats are synced to the Fitbit app and displayed on the device's display, which is less fiddly than opening up an app to check your performance. The activity tracking is reliable and the Surge is great at motivating you by showing how well you're doing against your goals. It also tracks running and cycling along with other sports including weight training, yoga, and tennis. Automatic sleep monitoring is also on offer.

It's easy to start a run with the Surge, simply navigate to the running homescreen and select the type – free, lap or treadmill. The first one is the one you'll use most, the second records lap times and the third is a non-GPS option to track gym jogs. The GPS connectivity means you can now track runs without taking your smartphone with you. For GPS running, the satellite lock is pretty quick and once you start you're presented with the running display, which shows time, distance and pace. The cycling mode offers the same data and the app shows graphs and charts of your sessions, as well as a map of your route. However, this is not as detailed as we've seen with other body-mounted wearables.

SEE THE BEATS

The Fitbit Surge has a built in optical heart rate sensor giving you 24/7 monitoring to guide you during runs, workouts and your resting heart rate. As your heart beats, it detects your blood volume changes and combined with the company's algorithms gives you a more accurate calorie burn figure to help you keep a closer eye on your health. While this isn't likely to be as accurate as a dedicated chest-strap, we'd say the Surge is as reliable as any of its main rivals for monitoring bpm performance.

THE APP, BATTERY AND EXTRAS

The Fitbit Surge syncs to your smartphone app and shows heart rate, calories burned, step count, distance covered, active minutes, floors climbed and lists your workouts. You can select to see more information and be presented with graphs and historical data. You can also log your food intake, record extra workouts, share and compete with your friends.

We got over three days of battery life out of the Surge, which included an hour a day of GPS based activity.

CONCLUSION

The Fitbit Surge is easy to use with 24/7 heart rate monitoring and a comfy rubber strap. We had no problems navigating around the Surge's features and touchscreen responsiveness was great. GPS accuracy is debatable and we hope Fitbit add more smartphone notifications as you currently only get incoming call alerts, text messages and missed calls. As an everyday activity tracker, it's great, and for casual runners getting into heart-rate training it might just be what you're looking for. RF

TURN TO P53 FOR A CHANCE TO WIN THESE EARPHONES



RF editor, Amy, says:
"With changeable gel buds and a secure clip, I was able to achieve a comfortable fit for longer runs in any condition."

Run to the beat...

RF's Amy and Evie put the latest **HEART-MONITOR EARPHONES** through their paces



Amy tested the BioSport biometric ear buds, £129.95
smsaudiouk.com

WHAT THEY SAY:
BioSport headphones, powered by Intel, combine studio mastered sound with accurate biometric monitoring. Using a built-in sensor, they continuously measure your heart rate while removing noise signals caused by your body's motion during your workout.

WHAT AMY SAYS:
This set of headphones comes with three different sized gel buds in a clever anchor design that means they're never in danger of falling out. And I mean never. I wore them on a run in the blistering heat as well as in a tropical downpour and there was no sign of them shifting, and no detrimental effect on the sound quality either. Initially, I found the rubbery cord too bouncy – it was distracting and felt like it was yanking on the earbuds – but then I tried the little clip in the box and, once the cable was secured to my top, there were no more problems. The heart monitor works with fitness app Runkeeper, which I hadn't used before but it's easy to navigate, especially if you're used to using running apps.

BEST BIT:
By far and away the gel ear buds – I've never worn ones that are so comfortable and still cut out the wind whistling by!

ROOM FOR IMPROVEMENT?
At the moment, these headphones are only compatible with Runkeeper, so I'd like to see them working with other apps.

FINAL VERDICT **Thumbs up – comfy and easy to use, plus the heart-rate stats show as a graph on Runkeeper so you get a clear idea of your progress.**



Evie tested the Jabra Sport Pulse Wireless earbuds, £149.99
Available from Selfridges, Wiggle and Jabra.co.uk

WHAT THEY SAY:
Jabra Sport Pulse™, powered by Valencell's PerformTek® biometric sensor technology, are the only wireless earbuds proven through extensive third party research to deliver gold-standard ECG accuracy even during high physical activity. They come with an integrated running app; are weather/shock resistant; have up to 5hrs talk/music time; up to 10 days stand by time.

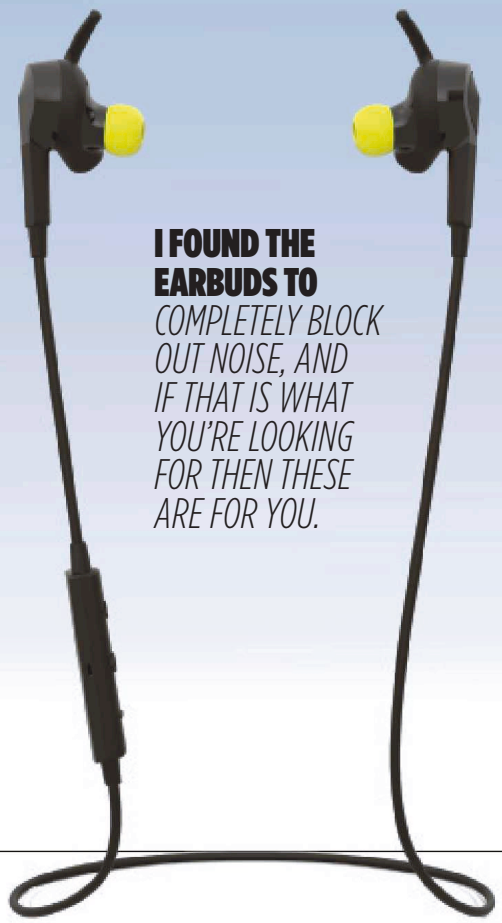
WHAT EVIE SAYS:
Jabra's bluetooth wireless HR earbuds are neatly packaged with easy instructions and an easily downloadable app. Four different sets of ear buds meant I was able to get the fit just right (eventually!). There are also four pairs of ear 'wings' in three different sizes to ensure the ear phones stay in place no matter what sport/intensity you are doing (I tested them only while running). There are two clips to shorten the wire and keep it secure.

The GPS wasn't always stable (note: I tested them in rural locations, not the city) and occasionally dropping connection, but not so much that it would put me off. I found the earbuds to completely block outside noise and if that is what you are looking for, these are for you – if you run in the city you might prefer hearing background noise for more spatial awareness. The built-in HR monitor offers some useful functions, for example: the HR zone training and voice coach. The versatility of the app/data tracking functions could be really motivational for those who find it hard to get going.

BEST BIT:
In-ear HR monitor, the voice prompts and Jabra's app/data tracking are great. And Jabra's compatibility with other apps (Strava, Runkeeper, Mapmyfitness, endomondo, etc) is also handy.

ROOM FOR IMPROVEMENT?
Slightly more stable and accurate HR monitoring would be nice.

FINAL VERDICT **A great product for motivation with high-quality sound. Ear bud changeable size options are a plus for a really tight fit.**



I FOUND THE EARBUDS TO *COMPLETELY BLOCK OUT NOISE, AND IF THAT IS WHAT YOU'RE LOOKING FOR THEN THESE ARE FOR YOU.*

PACK LEADER

Curious about canicross? We explain how to **RUN SAFELY WITH YOUR DOG**, and why it's hugely beneficial – whether you have two legs or four



It is widely accepted that endorphins produced by the body during running give us a feeling of euphoria commonly known as the 'runner's high'. Recent research from the University of Arizona has now shown that our canine companions not only produce the same endorphins but also have comparatively higher levels in their bloodstream post-running than we do. Running for a dog yields the same benefits for them as for us in terms of improved cardiovascular, skeletal and muscular health so what greater motivation then do we need to enrol our dog as our new personal trainer? Why go to the gym and then come home and exercise the dog when your time can be used far more efficiently?

Before bounding out the door, in a flurry of wagging tail and joyful barking, take a moment to consider what you need in order for you and your dog to run safely and with respect for others.

AGE OF YOUR DOG

For most breeds, 12 months is a reasonable age to start running. However, with larger breeds that take longer to mature physically, or with breeds with a tendency towards orthopaedic problems, checking with your vet before starting is a sensible precaution. At the other end of the spectrum, you need to be aware that dogs do slow down with age and can be more likely to suffer with arthritic joints, so stay attuned to your dog's ability to run.

BREED AND CHARACTER OF YOUR DOG

Dogs of all shapes and sizes enjoy running with their owners. However, some dogs may prefer shorter distances whilst others are endurance athletes. The flatter nosed breeds such as pugs do find it harder to run, as their cooling mechanism is not as effective as other breeds, so extra care must be taken in warmer temperatures and they are best restricted to shorter distances. A great deal comes down to the character of your individual dog so give them the opportunity to show you what they can comfortably do.

FITNESS LEVEL

It is important to build up your doggy miles carefully so that your dog can adjust physically to the higher level of exertion. Start gently and use a mix of terrain so that your dog's paws don't get sore. Most dogs have endless enthusiasm for running and put themselves at risk of overexertion; it is up to you to judge speed and distance appropriately. If your dog has good recall and you have a safe place to run, then start by just doing short bursts on lead and have the rest of the time running free.

NUTRITION

As your dog increases the intensity of exercise it is important that they are fuelled up properly to develop muscle and retain condition. The majority of dog food packaging, from leading brands to low budget foods, is covered in 'pretty' images and marketing spiel but it is the list of ingredients you need to read. To fuel a dog for intense bouts of exercise, the first ingredient should be meat or fish (of at least 25%). If the food is packed with cheap fillers of grains, potato and beet, or uses meal instead of proper meat, then it might be time for a change. You will be surprised at what a difference change can make to your dog.

BASIC OBEDIENCE

Running with your dog safely requires good communication between you. If your dog is engaged and understands basic commands, such as those learnt in puppy classes, then this process is a great deal easier. Dogs can quickly learn commands such as "left", "right", "hike on", "steady" and "walk". If your dog has done heelwork, then keep your dog on the same side when running or encourage them to run in front.

SOCIALISING

One of the pleasures of running with your dog is seeing how your dog enjoys the company of other dogs that you meet. It is important to socialise your dog as much as possible when they are young and most vets now offer puppy socialisation groups. If your dog is nervous or reactive around other dogs they can wear a yellow ribbon to warn others that they need more space. The endorphins produced by running can make a huge difference in the behaviour of challenging dogs and can lead to a calmer, more confident animal.



TEAM BONDING

Once you and your dog have got started, a stronger bond will develop between you. Dogs are natural athletes and take great pleasure in sharing one of their favourite activities with their owners. As you establish a routine, your dog will offer huge motivation to get you both out for a run. You're fully incentivised by not only reaping your own health benefits but also having a calm, well-behaved dog at home and saving a potential fortune on vet bills. It is always a source of pride, at the annual check up, when the vet listens to a dog's heartbeat and exclaims "Wow, this dog is fit!"

RUNNING HARNESS

If you are running with your dog, then your dog should be wearing a harness. Dogs' necks are physiologically similar to ours in that they accommodate the trachea, oesophagus and thyroid gland so the enhanced pressure on the dog's neck when pulling a runner can result in neck injures, aside from the discomfort of trying to run and pant with constraining pressure on your throat. There are a range of different running harnesses available but they should all allow your dog to run freely, pulling into the chest, without pressure on the neck.

Want to get started? Find out about harnesses at runningfitnessmag.com.

"Endorphins produced by running can make a huge difference in the behaviour of challenging dogs"

FAMILY-FRIENDLY

Dogs can also provide the tipping point in encouraging a child to run. They offer a distraction so the child focuses on the pooch at their side and not the slight discomfort that comes with building running fitness! A dog's enthusiasm for running is infectious and can prevent the whole process from being too serious. Obviously the younger the child, the smaller the dog should be, but also teach the child to let go rather than be dragged or pulled over, and make sure an adult has dual control. In the current climate of rising child and dog obesity, it is well worth encouraging the two to run together.

CANICROSS

Many running clubs prefer their members to leave the dog at home. Dogs that are not well controlled can cause a hazard to other runners and some runners just don't like to be around dogs. However, there is a fast increasing number of groups across the country established to cater for runners and their dogs through the sport of Canicross or cross country running attached to your dog. Running with a group not only provides an enriched social experience for the runner and their dog but also taps into the dog's instinct to keep up with the pack. Information on these groups can be found through the Canicross Trailrunners website (canicross.org.uk) or by searching on social media by region.

Canicross is the fast growing sport of cross country running while attached to your harnessed dog via a bungee line and a waist belt. The dog runs ahead of the owner and pulls them along. The dog not only gets an enhanced physical workout but is also mentally challenged by listening to the owner's commands and working in partnership with them. Dogs are trained to focus on their owner when in harness and to respond to directional and speed-based commands, similar to those discussed above. As a canicross runner will run further and faster than when unaided.



TOP TIPS – FOR A GREAT RUN

ALWAYS KEEP COOL
As a general rule, an outside temperature above 18 degrees celsius can put your running dog at risk of overheating. Clearly, humidity also plays a part in how comfortable your dog will feel when running. Signs of overheating include heavy panting, excessive thirst, glazed eyes, vomiting, diarrhoea and staggering. While awaiting medical help, use cool (not cold) water under the dog's legs and belly, move to the shade and offer small amounts of water.

PROVIDE CLEAN DRINKING WATER
This is important both during and after the run. On longer runs you may need to carry it with you if there are no watering points along the way.

DO NOT FEED YOU DOG TOO SOON BEFORE/AFTER
Leave an hour at the minimum due to the risk of bloat. Bloat is a common cause of death amongst dogs and is caused when the stomach expands and put pressure on other internal organs.

CARRY A SMALL CANINE FIRST AID KIT
This way you can treat minor injuries or remove ticks picked up on the trail.

NEVER DRAG, PULL OR FORCE YOUR DOG
If they won't co-operate there is probably a good reason such as joint pain or a sore paw so get them checked over first.

CANICROSS IS GREAT FUN FOR YOU BOTH!
So train in short bursts and use reward-based methods.

THE ISSUES TO FOCUS ON WHEN TRAINING YOUR DOG TO CANICROSS INCLUDE:

- **Teaching your dog to brake e.g. when running down a steep hill**
- **Steering away and ignoring distractions such as loose dogs, wildlife and dustbins!**
- **Encouraging your dog to run out in front and pull**

In addition to a properly fitted dog running harness (see runningfitnessmag.com for advice) you also need a bungee line and a running belt. The line has a bungee element to absorb the shock of a dog lunging or pulling sharply. The belt can be either a simple waist belt or, for stronger pulling dogs, a belt that distributes load through the waist and the glutes. Companies such as k9 Trail Time (k9trailtime.com) and Runners Retreat (runnersretreat.biz) specialise in dog sport equipment and offer well informed advice to those new to the sport.

FEELING COMPETITIVE?

For those that enjoy racing, there is an ever increasing number of running events that welcome runners attached to dogs. Organisers may start you at the back so your training of right and left comes into force as you weave your way through the field. In addition, there are many Canicross-only events both where you and your dog can compete for National, European and World rankings. More information can be found with the UK governing body at sleddogsports.gb.com.

JACKIE & BRANDY



Jackie Dyson is a Canine Hydrotherapist based in Kent. After being encouraged to cut back on show jumping due to a recurring injury she was keen to find a new sport. At the same time Jackie was looking for a fun and sociable activity that she could enjoy with her rather Labrador, Brandy. Canicross was a perfect fit!

Jackie started Canicross Personal Training Sessions to teach Brandy commands and how to focus on his owner and slowly developed her running fitness. With hard work in between sessions, Brandy and Jackie started to work as a team. In November 2014 they joined other canicrossers at the local parkrun to gain experience of running amongst a large group. Jackie also joined Kent Canicross and took part in organised runs in local forests. More recently the team ran in their first 5km race at The Discovery Run at Petworth, achieving a respectable time. Jackie is now looking towards Europe and considering some of the wonderful Canicross race/camping holiday opportunities across The English Channel.



Jenny Lee is the owner of Joggy Doggy Limited and heads up a team offering Canicross Fitness Classes and Canicross Personal Training Sessions to runners and their dogs. Joggy Doggy has branches in Kent and Oxfordshire and has the first Canicross Group to be Run England affiliated. In between Canicross races, Jenny can be contacted at ***joggydoggy.co.uk*** and on 07584 438973.

IMAGES PHOTOS REPRODUCED BY KIND PERMISSION OF SYLVIANE BRIDOUX & HOUNDSCAPE PHOTOGRAPHY


MUCKY RACES 2015
New Obstacles and challanges for 2015!
RUN WHERE OTHERS FEAR TO TREAD
From tough mud pits to freezing water wades, mucky races delivers some tough mud runs and obstacles that are built to test you whilst keeping the fun in the mud.
ACHIEVE more than you thought you could, with lots of mud, lots of fun and LOTS OF FRIENDS!
Races are suitable for all abilities!
WWW.MUCKYRACES.CO.UK
• Essex • Suffolk • Norfolk • Midlands • Cambridgeshire • Northamptonshire
MUCKY RACES 2015
MUDDY 5
18th JULY - COLCHESTER
MUCKY MAYHEM
19th SEPTEMBER - LOWESTOFT
THE GAUNTLET REVISITED
17th OCTOBER - BRAINTREE
STEEPLECHASE
25th OCTOBER - NORWICH
GUTS 'n' GLORY
21st NOVEMBER - LEICESTER
Use discount code FITMAG for a 10% DISCOUNT on any race! Check out WWW.MUCKYRACES.CO.UK for more details on our races, offers, season passes and more.
HAMMER NUTRITION
ENDURANCE FUELS & SUPPLEMENTS
colour5K
ULTM8 Warrior
lodestar


Run your own Canine Fitness & Personal Training Business
Joggy Doggy
Come and join the Joggy Doggy team. Full training and support for your exclusive territory!
Earnings of £28,000 per annum
25 hour flexible working week
Running with dogs, training owners
Joggy Doggy Edinburgh
Joggy Doggy North Oxford
Joggy Doggy Kent & East Sussex
07584 438973
www.joggydoggy.co.uk


sponsored by
GENPACT Pharmalink
Voted 3rd in the 'PB Potential' category in Runners World Races of the Year 2013
The Maidenhead half marathon
9.30am Sunday 6th September 2015
raising money for
The Link Foundation
A helping hand for children
FAST, FLAT & TRAFFIC FREE! Your opportunity to run a scenic half marathon on closed roads. Perfect for everyone from novices to PB-hunters. Town centre start/finish and easy travel links by rail and A4/M4.
In association with
Royal Borough of Windsor and Maidenhead
Advertiser
enter online at www.purplepatchrunning.com
closing date for entries: 30th August 2015
ARC race permit applied for. The race will be run according to UKA rules and regulations.

Q&A

Our team of experts are on hand to answer your **RUNNING-RELATED QUESTIONS**, from training to nutrition, health to injury prevention

ASK *the* EXPERTS

PREVENTING POST-RUN SORENESS

Q I'm new to running and enjoying it, but the muscles in my legs are always very sore for days after. I stretch before and after but it doesn't help. Can you help?
Sarah L



Matt advises steering clear of the static stretches and trying gentler movements.

A The pain you are referring to sounds very much like what is commonly referred to as 'DOMS': Delayed Onset of Muscle Soreness. Many runners are led to believe that this soreness is due to not stretching enough before or afterwards, but there is actually not much evidence to support this.

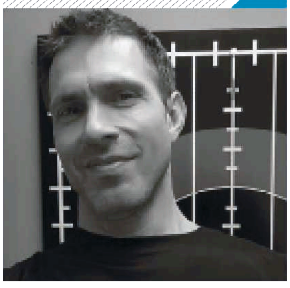
By 'stretching', I am going to presume you are referring to the traditional practice of holding a stretch position for 20-30 seconds. As far as warm-ups go, studies suggest that static stretching offers no benefit for runners in terms of reducing injury. It may even slightly decrease performance. My suggestion would be to warm up with dynamic mobility exercises such as the 'lunge matrix', leg swings, toe pumps, etc.

Static stretches after a run are often performed because they feel good, but again there is no evidence that they decrease risk of injury or reduce soreness. In fact, the act of trying to stretch your muscles directly after your run may be increasing your soreness by pulling muscle fibres apart, when all they want to do is rest. Although some runners find that not stretching after a run can increase soreness, many find that it either makes no difference or actually reduces soreness if they do not stretch.

My recommendation would be to replace the post-run stretching with some gentle circling and opening/closing of all your joints, from the ankles up to neck. This gentle 'pumping' of the joints is thought to promote flushing in/out of fluid which may well help new muscle fibre growth, which after all is what recovery is all about.

In my opinion, next day soreness is most probably the result of not warming up adequately or having too demanding a run, or maybe a bit of both. Try reducing the intensity or frequency of your workouts and see if this alleviates the soreness. Running can be extremely rewarding for beginners but it may be that you need to take things a little bit slower.

I hope this helps Sarah. Let us know how it goes!



INJURY
MATT PHILLIPS
is a Running Performance Coach & Injury Specialist at StrideUK & Studio57clinic. Follow Matt on Twitter: *@sportinjurymatt*



Evie suggests focusing on positive thoughts, rather than the niggles, to get back on form.

I'M OVER MY INJURY. WHAT IS HOLDING ME BACK?

Q I have recently recovered from an injury but now it feels like I've got other niggles elsewhere! When I'm on my run I say to myself 'You're ok, you're not injured now, your injury is better' but despite the self pep-talk the haunts of my old injury come back, making me tense and focused on new niggles appearing. Someone has mentioned overcompensating (mentally) as a result of being injured in the past... I'm not enjoying my running as much as a consequence and I find myself coming up with more excuses not to run than to run. Help! **Sandra Hughes**

A I'm sorry you are feeling anxious at the moment and not enjoying your running (particularly as you're over your injury) – but don't panic – lots of runners can fall into this pattern after returning from injury, especially those who sustained a long term injury (off for 3-6 months) and those for whom injuries have reoccurred. Do you notice a pattern here, in the language I'm using? I've cited the word 'injury' several times, so it would be no surprise if we both have 'injury' on the mind.

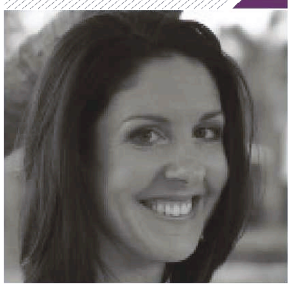
This illustrates the power of language and words, and how important they are when you are running. It's great that you have a mantra you use on your runs, and that you try to reassure yourself that you're okay and not injured. But why not try using positive words and crucially avoid the word 'injury'? Even though you are saying 'I'm not injured' – the very mention of the word will bring memories of your injury flooding back.

Try these: 'I'm strong, I'm powerful, I'm running well' – and move yourself right away from memories that make you anxious and that 'injury' mindset. You'll automatically relax, both your breathing and muscles will settle, and you'll be less likely to start compensating (physically) elsewhere in your body as you (emotionally) relax. Visualise someone who inspires you, whether it be a friend or a renowned runner, and remind yourself how great it is that you are choosing to look after yourself and your health, by getting out there and enjoying the elements.

Also, try to see niggles as part and course of every runner's life, and just that – niggles! Your body adjusts itself on each run, responding to how you are feeling emotionally and mentally; how much sleep you've had that week/night before; your nutrition levels; who you are with on your run; even the temperature on the day. Cut your body some slack!

And to help rebuild your confidence and reassurance in your ability to run, start to build 10 mins of pre-hab into each day – foam rolling, stretching (as guided by your coach/physio) and conditioning exercises. Build on your foundations for happy and strong running this way, rather than letting your mind drift over memories of being injured, particularly while you are out running.

If running with others helps keep your mind on the job, make sure you do a couple of runs each week with your running group, or a friend who is positive and whom you feel good around. Then you'll sail!



PSYCHOLOGY

EVIE SERVENTI

is deputy editor at ***Running Fitness*** magazine. She is a qualified journalist, keen runner and triathlete, and health mentor. She is also studying sports psychology and has a dedicated interest in training your mind.

@hotoffthepage

evieserventi.com



Sarah suspects this is nerve tension rather than a pulled hamstring.

WHY ARE MY HAMSTRINGS TIGHT?

Q After reading your article 'Runner SOS' in July 2015 edition of *Running Fitness*, I noticed that you wrote people could email you.

For the last four years I have been suffering with my hamstrings feeling tight every time I run. If I put more effort into my training then my hamstrings seem to feel tighter and hold me back. It seems to be a coincidence but the problem started straight after I had recovered from a hysterectomy. I am 53 and have been running for 15 years. I run on various surfaces: road, off-road, hills and grass athletics track. On average I run about four miles three times a week and I replace my trainers about every year from a specialist running shop. I have visited my GP and a physiotherapist both of whom say that I don't have tight hamstrings when they ask me to do various exercises.

Do you have any ideas why I am suffering, please?

Claire B



COACH
SARAH RUSSELL
has over 20 years experience in the fitness industry as a running coach, trainer, freelance writer and athlete. She also has a Masters degree in Sport Science and is a qualified England Athletics running coach
sarah-russell.co.uk

A It's very difficult to offer any sort of diagnosis or advice having not assessed you, however, I'm happy to provide some thoughts. This advice does not replace that of a professional who has physically examined you.

From what you describe it sounds to me like you have an element of sciatic nerve tension in your hamstrings. The muscle isn't 'tight' or 'short' but feels tight and restricted and that it might 'pull'? This doesn't mean you have 'sciatica' but that the nerve is causing tension and you feel it through your hamstrings. Some people find the same in their calves.

I'd imagine that you're right and it's related to your hysterectomy surgery and the effect that had on your abdominal muscles. That in turn has placed your pelvis into a dysfunctional position (anterior tilt) and your sciatic nerve is under more tension than previously. I'm really just guessing having not seen you though, so it's important to get properly assessed.

I'd suggest you try to find a Biomechanics Coach or a good osteopath who will look at the body as a whole and more holistically; i.e. look at the pelvis, the nerves and do a range of tests and screens not just on your hamstrings.

You'll be able to find a biomechanics coach on the website biomechanicseducation.com.

I'd imagine that rehab will focus on TVA activation, release of your piriformis and SIJ, as well as sciatic nerve slump release.

You might also find using some TP therapy tools such as trigger ball in your glutes and piriformis and releasing your quads with a foam roller will also help. Search for TP Therapy Tuesday on YouTube.

As I said, however, it's impossible to know having not assessed you.

You're right to question what's going on and I hope you can get to the bottom of it. Do keep me posted.



Almond milk won't give you the recovery benefits of cow's or soya milk.



NUTRITION
RENEE MCGREGOR
A registered Dietitian and Sports Nutritionist working with all levels of athletes from recreational to elite; junior and adult, Renee is a keen runner with a 3.17 marathon PB and is the author of *Training Food*
trainingfood.co.uk

IS NON-DAIRY AS GOOD AS COW'S MILK?

Q I know milk has been repeatedly promoted as the go to recovery drink; I have recently moved over to almond milk as many A-list food and fitness bloggers are choosing it over dairy. Having read the ingredients list on the side of the packet, however, I'm just wondering if it is really better for me than cow's milk?
Helen S

A There does indeed seem to be a huge rise in non-dairy milk alternatives available on the market including almond, coconut, oat, hazelnut and hemp, just to name a few out there.

Almond milk definitely seems to be the food bloggers' favourite and yet it if you examine it closely, it has such a poor nutritional profile it does beg the question of why?

It may be low in calories and has had calcium added to it, but from a sports performance point of view, it is not an ideal choice. Don't get me wrong, I have nothing against the humble almond as a nut – it is highly nutritious and plays an active role in my diet. However, the process in which almond milk is made, very few almonds are used and the handful that are, are diluted with water to produce a very poor quality nutritional product.

As mentioned in my book, *Training Food*, you need to get the fuel you need to achieve your goals before, during and after exercise. It is well documented that a combination of both carbohydrate and protein in a liquid form is one of the best ways to recover from a high intensity training session; while having protein in an easily digested form is also important around a strength training session.

When you compare almond, soya and cow's milk it is very clear that both soya and almond milk are lacking in the vital carbohydrates necessary for recovery; this can easily be addressed by adding banana and honey. However, almond milk only provides 0.6g protein per 200ml compared with 4g from soya and 7g in cow's milk, making it a particularly poor choice.

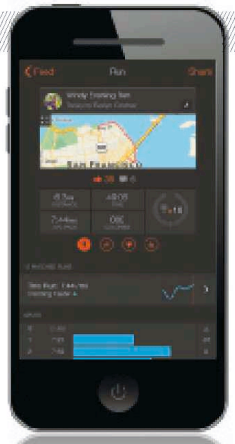
When I'm advising individuals about recovery choices, cow's milk will always be my first choice as it has the perfect combination of both carbohydrate and protein needed in the correct ratio to initiate recovery. If, however, I'm working with an individual who is lactose intolerant or vegan, then the next best option would be soya.

DO YOU HAVE A QUESTION? Email the team at rf.ed@kelsey.co.uk
Twitter: *@Runfitmag* Facebook: *facebook.com/RunningFitness*

DIGITAL COACH

Is online coaching the future of running? And how can it benefit you? With an increasing number of **TRAINING PLANS** and **APPS** available, we've picked a few for you to try

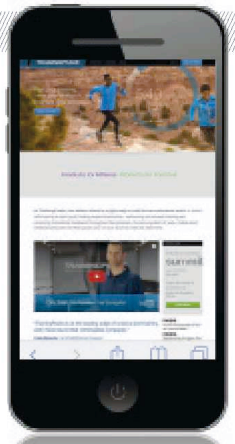
WORDS Dave Standen



STRAVA £4.49 per month

Premium members on Strava have access to a number of training plans, created by McMillan Running, a US company specialist in online coaching. The plans range from 5K to marathon and can be personalised, based on your experience. They're delivered to your inbox each day and are designed to be completed in order, so if you skip a session you'll have to refer back to your previous emails to get back on track. There's no pausing option; if you need to take an extended break, you have to start from the beginning when you're ready to return.

strava.com



TRAININGPEAKS Premium $19.95 per month
Personalised training starts at $99 per month (plus a $99 sign-up fee)

TrainingPeaks is fast becoming the online home for digital coaching, offering expert advice over one integrated web, mobile and desktop service. Runners who use the service can access training plans from over 4,500 coaches. Not just faceless automated coaches, but real coaches in your area. TrainingPeaks also has a service that matches runners with coaches, saving you from trawling through the numerous options.

trainingpeaks.com



GALE BERNHARDT CONSULTING From $49.95

If you want to 'go faster, stronger, longer' then head over to Gale Bernhardt Consulting and thumb through the online training plans. Gale has coached US Olympic triathletes and the ready-to-use training plans are mainly for people who like a bit of swimming and cycling to go with their running. The plans are linked to TrainingPeaks (and are available to buy there), so expect a lot of data about your progress, along with a forum to ask any questions to Gale or your fellow runners. Running training plans are also available through Gale's site.

galebernhardt.com

Sport is struggling to find a place in the switched-on society's hectic daily to-do lists. That was one of the findings of a Future Foundation report, commissioned last year by the UK Coaching Committee and presented at this year's UK Coaching Summit. The report suggests that coaches need to provide more flexible options. Coaches need to use technology to connect with potential athletes. People engage with smart technology every day and coaches need to tap into that trend and discover accessible ways to reach today's time-poor digital natives.

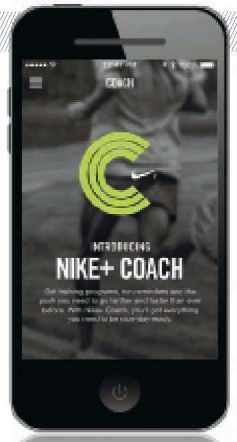
Some coaches and organisations are already doing just that. "I work with about 15-30 runners every month on custom programs. Since I began offering the service in 2011, I've written more than 1,000 training plans by hand," says Jason Fitzgerald, certified USA track and field coach and creator of the online coaching service Strength Running. "Local coaches and clubs are great, but the feedback I've heard over the years is that they lack personalisation. Yes, you can ask questions. But the workouts and plans are general and tailored to the entire group, not the individual."

Holly Weir, a qualified UK Athletics running coach who offers online coaching via runwithholly.co.uk, agrees. "It's usually the simple convenience of an online plan that can be done in their own time. A lot of people have work commitments that mean they can't make regular club sessions or regular weekly sessions with a coach. They like the flexibility of an online plan, as it means they can train around their other commitments."

People aren't just turning to online coaches for training plans though. Numerous fitness apps now offer plans tailored to your needs, based on your data. The technology is there and, according to Sport England's April 14-March 15 Active People Survey, the number of people taking part in sport is falling – and has been for the last two years – this technology could be the gateway back to sport that many people need.

There are numerous online training plan options out there. What's important is that you find the right one for you. Here are a few places to get you started.

"Numerous apps now offer plans tailored to your needs, based on your data"

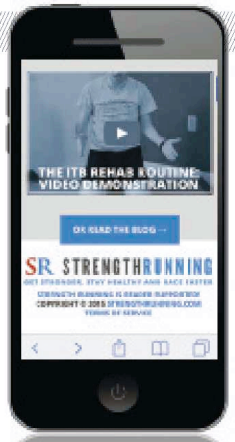


NIKE+ COACH Free

With over 18 million users worldwide, Nike+ is one of the most popular fitness apps out there. In among the activity tracking features is the Running Coach tool – an in-app service that allows you to set up a training plan. You can also let it recommend one based on your last two months' data.

There are plans for beginners, intermediates and advanced runners, covering 5K, 10K, half-marathons and marathons. Once you've selected a the plan you need, the app notifies you of what you need to do on a daily basis.

nikeplus.com

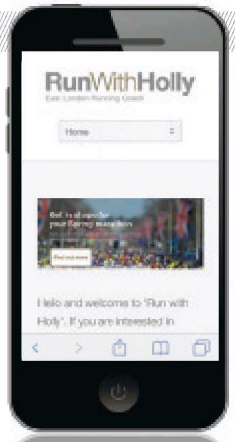


STRENGTH RUNNING From $119

Strength Running is the brainchild of Jason Fitzgerald – a 2:39 marathoner and certified USA track and field coach – and started out as a (now award-winning) blog. Jason's 'PR Race Plans' cover daily workouts, injury prevention, dynamic warm-ups and runner-specific core and strength training. He also throws in racing strategy and nutrition tips.

Each plan is specifically tailored. There is an extensive questionnaire before the programme is created, so Jason can get an idea about your history as a runner, your fitness level, schedule and injury background.

strengthrunning.com



RUN WITH HOLLY £35 per month

This app is brought to you by London-based UK athletics coach Holly Weir, who offers a number of online coaching options for people who have a running goal, or are simply lacking a bit of motivation and just want to get back on track.

It all begins with an initial training assessment, which can be done either by email or face-to-face. Holly then creates an individual day-by-day training plan for you – based on your goals – that's updated on a weekly basis. She will also give you regular progress feedback.

runwithholly.co.uk

READ YOUR FAVOURITE MAGAZINE ANYWHERE IN THE WORLD



FREE COAST APP!
A 12 ISSUE SUBSCRIPTION IS ONLY £28.99

AVAILABLE ON THE APP STORE AND POCKETMAGS.COM

Available on the App Store

pocketmags.com

SEARCH **COAST**

WIN a pair of heart-rate monitoring headphones!

Inspired by our headphone review on p41? We've got three of these tried-and-tested biosport headphone sets to give away this month!







This month, we were lucky enough to try out the latest sport headphones from SMS Audio and were really impressed with the results. (You can see our full review on p41.)

In a nutshell, the headphones have good rubber buds that stay in your ears, whatever the weather, plus great sound while you're running. The heart-rate monitor is built into the ear sensors and links up to the free Runkeeper running app to give you clear graphs that illustrate how your heart-rate changed over your run.

We really like these headphones and think you will too, so we've teamed up with SMS Audio to offer three pairs, worth £129.95 each, for three lucky readers to win. Simply go online to runningfitnessmag.co.uk, select the Competitions section and follow the instructions to enter. Good luck!

To find out more about SMS Audio's products, visit smsaudiouk.com.

TERMS AND CONDITIONS Entries close at midnight on [20/08/2015] and the winners will be drawn [21/08/2015]. The winners will be notified within 28 days of the close of entries. The draw is final and no correspondence will be entered into. Entry is free. Open to residents of the UK aged over 18. Employees of Kelsey Media and their family members are not eligible to win. Only one entry permitted per person, no bulk entries will be accepted. The first correct entry drawn after the closing date will win. There is no cash alternative and the prize is not transferable. If any prize or product is lost or damaged during the course of delivery to the recipient, Kelsey Media will provide reasonable assistance in seeking to resolve the problem. However, it will not always be possible to obtain replacements for lost or damaged goods, and in that event, no financial compensation would be payable by Kelsey Media or their affiliates. We reserve the right to cancel the competition, if circumstances change that are beyond our control. By entering you agree to be bound by all the rules and agree that your surname and county may be released if you win. By providing personally identifiable information when entering this competition, you are agreeing that we may use it to provide you with on-going information about our products and services, although you can unsubscribe at any time, if you wish to do so. Running Fitness is a Kelsey Media brand. Kelsey Media will only ever use your information in line with its Multi Layered Privacy Notice. For full details, visit kelsey.co.uk. If you have any questions please ask as submitting your data indicates your consent, until you choose otherwise, that we may contact you about products and services that we believe to be of relevance to you.

Get a Half Marathon PB



Get in great shape ready for an autumn half with our **12-WEEK** 'smash it' half marathon plan

A good half marathon performance needs speed endurance and the ability to hold a strong pace for a relatively long time. This plan is a little different to others… it has less running and more strength work and cross training. This will help reduce injury risk and make you a more resilient and powerful runner. Have the confidence to run fewer miles and get stronger and faster instead. Trust us, it works.

YOUR CURRENT LEVEL

You need to be running 3-4 times per week and have already done a half marathon distance (in training or racing) in the last 3-6 months – you need to be able to jump straight into a long run of 8-10 miles. Twelve weeks will then be plenty of time to get in great shape!

WORD OF WARNING

This plan is just a 'guide' – don't try to follow it to the letter. Use the plan to help structure your training. Learn how to build up the long run, mileage and how to factor in recovery and cross training... but it's not set in stone. So use it as a skeleton structure. We'd much prefer you to be aware of fatigue and niggles and respond to them, rather than pushing through. Become intuitive and listen to your body. Take a day off if you need to and adjust the programme to suit your life and commitments.

HOW IT WORKS

The plan has a mix of long slow runs to build aerobic endurance, but also longer tempo sessions, cross training and strength work. Every session is there for a reason.

First of all, find your race and get it booked. Then work backwards from race day, fit in your long runs and plan out your timetable using the programme to schedule in other races and weekly sessions. Good luck!



Have the confidence to run fewer miles and get stronger and faster instead



ALWAYS WARM UP
Before EVERY run, spend 5 minutes warming up with some dynamic mobility exercises such as leg swings, multidirectional lunges, instep taps, shoulder rolls and upper body rotations. This will prep your body for running and encourage you to run with good form.

12 WEEK HALF MARATHON 'SMASH IT' PLAN

It's not easy, but it'll get you strong and powerful and ready to smash your half marathon PB.

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	REST FR 20 mins	S&C 40 mins	WU777	EP 5 Miles D/PU	EPSTRONG 4 Miles	6 Miles EP	CT 60 minutes
WEEK 2	REST FR 20 mins	S&C 40 mins	EP 5 Miles D/PU	EPSTRONG 4 Miles	REST	20 minutes S&C 20 minute EP run	10 Miles EP
WEEK 3	REST FR 20 mins	S&C 40 mins	WU777	EP 5 Miles D/PU	EPSTRONG 5 Miles	6 Miles EP	CT 60 mins
WEEK 4	REST FR 20 mins	S&C 40 mins	EP 5 Miles D/PU	EPSTRONG 4 Miles	REST	20 minutes S&C 20 minute EP run	12 Miles EP
WEEK 5	REST FR 20 mins	S&C 40 mins	WU555	EP 4 Miles D/PU	REST 20 mins FR	15 Minute EP &D/PU 20 mins FR	10KM RACE
WEEK 6	REST FR 20 mins	S&C 40 mins	EP 4 Miles D/PU	EP 5 miles	REST	20 minutes S&C 20 minute EP run	13 miles EP
WEEK 7	REST FR 20 mins	S&C 40 mins	WU777	EP 6 Miles	REST	7 Miles EP	CT 90 mins
WEEK 8	REST FR 20 mins	S&C 45 mins	EP 5 Miles D/PU	EPSTRONG 4 Miles	REST	20 minutes S&C 20 minute EP run	14 Miles EP
WEEK 9	REST FR 20 mins	S&C 40 mins	WU777	EP 3 miles	REST	7 Miles EP	CT 120 mins
WEEK 10	REST FR 20 mins	S&C 45 mins	REST	EPSTRONG 7 Miles	REST	20 minutes S&C 20 minute EP run	15 Miles EP
WEEK 11	REST FR 20 mins	S&C 40 mins	REST	EPSTRONG 4 miles	REST	6 Miles EP	WU 777
WEEK 12	REST FR 20 mins	S&C 20 mins	REST	EPSTRONG 4 miles	REST	EP 15 minutes EP & D/PU 20 mins FR	HALF MARATHON RACE

SESSION TERMINOLOGY

EP = Easy Run, is just that. Leave your ego at home. Run so you can chat and it's comfortable. If using a heart rate monitor – keep it around 70-75% of your max.

EPSTRONG = Easy Run, but build your pace over the final mile so you finish hard and strong – around 9/10 effort.

WU 777 = Wind up 777. This is a progressive tempo session in blocks – you start strong and finish hard. Don't rest between; just kick up into another gear. Start with a 5 min warm-up jog, add some bursts to get your heart rate up then hit the first 7 min block at a strong pace 7/10 effort. Build up so by the end you're at 9/10 effort and flat out, but still controlled. Cool down with a 10 min jog. 777 = 7 minute blocks. It's hard, but effective. WU555 = 5 Minute blocks.

CT = Cycling Training, a great way to improve your running. It helps with leg strength, cadence and power. Ideally ride outside on a mountain bike or road. If you don't cycle outdoors then find a spin class or use an indoor bike. Keep the pace fairly easy... Don't always feel you need to push it but mix the intensity.

S&C = Strength and Conditioning, a vital part of any running programme for elites and beginners alike. Don't skip it in preference of another run. It's there for a reason! Get your foundations strong and you'll reap the rewards of fewer injuries and stronger running. Start with 30 minutes of body weight exercises at home, then progress to using resistance such as kettle bell, TRX or free weights in the gym. Gradually introduce gentle plyometric exercises.

D/PU = Drills/Pick Ups, throw in a mixture of high knee drills, bum kicks, skips, side stepping and a few 30 seconds 'pick ups' – where you push the pace with light feet and quick cadence.

FR = Foam Rolling. Include 2-3 sessions (20-30 mins) per week of foam rolling and using a trigger ball in your glutes. REST days are ideal for some foam rolling.

NOTE: Mix up your terrain, so you run 50/50 trail and road over the week.

HYDRAFLEX
SPORT MATTRESS



50% OFF
The HydraFlex Sport Mattress Range

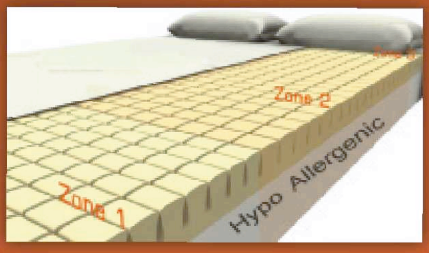
INSERT VOUCHER CODE

RF50P

VALID UNTIL 30th September 2015

SINGLE MATTRESS	DOUBLE MATTRESS	KING MATTRESS	SUPERKING MATTRESS
£199.50 RRP ~~£399~~	£249.50 RRP ~~£499~~	£274.50 RRP ~~£549~~	£299.50 RRP ~~£599~~

Your personal best starts with a great night's sleep



Cooling Posture Zones

- Temperature Control
- Hypoallergenic



Supportive V-Max Cell Technology

- Deep Sleep
- Increased Circulation

The Ultimate Memory Foam Mattress



Redeem now at www.mammothsport.com

RECOVERY PRODUCTS

Evie Serventi talks us through the best options post-run



Running Fitness
ED'S PICK OF THE MONTH

» SIS REGO RAPID RECOVERY
RRP: £12.99 500g, £37.99 1.6kg
Perfect after high-intensity sessions or long runs. Available in major sports stores.
scienceinsport.com



» NATURYA ORGANIC CHOC BLEND
RRP: £15.99
Nutritious blend of cocoa and nutrients. Try the fruit blend in smoothies, porridge and cereal.
Health food stores and Amazon.co.uk



» SIS PROTEIN BAR
RRP: £39.99 (20 pack)
Perfect post-run snack for race day or training. 20g protein per bar.
scienceinsport.com



» DR ZAK'S PROTEIN BAGELS
RRP: £3.50 pack of 4
24g protein per bagel. A good sustenance recovery food. Cinnamon & raisin or seed.
dr-zaks.com



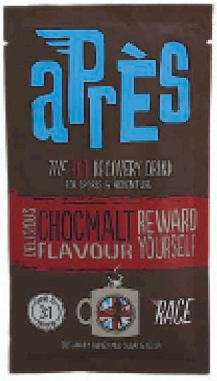
» CHERRY ACTIVE SHOTS
RRP: £1.99 (30ml shot) or £47.76 (24x30ml)
Athletes taking CherryActive after training recovered quicker with less muscle soreness than those who didn't according to research.
cherryactive.co.uk



» BODYME SPIRULINA
RRP: from £5.99
Studies link this blue-green algae supplement to improving both performance and recovery among athletes, particularly endurance runners.
bodyme.co.uk



» FOR GOODNESS SHAKES
RRP: £1.89 (shakes) £24 x 12 pack (powders)
Tasty, convenient recovery nutrition.
Shakes available from most supermarkets. Find powders at Runnersneed, Wiggle, Athletestore.co.uk



APRES RECOVERY DRINK
RRP: £34.75 (25 servings)
A delicious and nutritious chocolate drink. Handy for race day/overseas events.
apresrecovery.co.uk



» RE-FUEL MULE BAR
RRP: £1.60
Nibble pre-race and gobble post-race! Packed with nuts, fruits, seeds and spices – oats, rice syrup, seeds, agave nectar, dates... Get the picture?
mulebar.com



» HIGH 5 PROTEIN RECOVERY
RRP: £41.99 (1.6kg Jar)
Contains whey protein isolate. Mix with milk or water. Soothing recovery drink.
highfive.co.uk



» PULSIN MAPLE & WHEY CRISP PROTEIN BAR
Price: £1.59 per bar
I harp on about these, but I really do rate them as the ideal on-the-go recovery snack! Delicious, with 12g-15g protein per bar.
pulsin.co.uk



» SYNERGISTIC IRON
RRP: £10.65
This Quest Vitamin supplement contains iron, Vit C, B2, niacin, B6, B12, and pantothenic acid to reduce tiredness and fatigue.
revital.co.uk



» ELIVAR RECOVER
RRP: £29.99 x 12
Designed for over 35s, contains 60% more proteins than other brands. Packed with Vit D, calcium and slow-release casein protein.
elivar.com

DO YOU HAVE A FAVOURITE PRODUCT? Join our running community at:
Twitter: *@Runfitmag* or Facebook: *facebook.com/RunningFitness*



Why do you run?

Lacing up your trainers and heading out for a run can become addictive. Yet to stay happy and on top form it's vital to get to grips with what running **REALLY MEANS TO YOU**. Take inspiration from these three stories

CASE STUDY 1

'THERE'S SO MUCH MORE TO BEING A GOOD RUNNER THAN JUST RUNNING'



Nina Anderson, World Masters champion and running coach, London

Nina began running marathons when she was 25 to improve her fitness. But it wasn't long before she discovered she was better suited to track running. Having the ability to be disciplined, flexible and adapt her training from 26.2 miles to 800m paid off. Today, Nina holds the European Veteran Title for W40 Championship 400m.

"I love the feeling that even at the age of 43 I'm still improving. Last year I ran a lifetime best in the 200m and finished the season at the top of the W40 age group rankings in Britain for this distance.

"All my training is done with a sense of purpose and clear objective towards my long term goal. When I first began track competitions I put less pressure on myself but as my times improved the pressure increased as my competitions and performances mattered more. My friends understand that training is my passion and just as they have their own interests that might be a big part of their life, this is mine.

"I feel running has enhanced my life not only from the self-discipline it has given me but also with the knowledge I pass on through my own coaching. I really enjoy helping runners be the best they can be, feel good and aspire to improving – it's very rewarding. I think it's exciting that at the age of 43 I am fitter and stronger than ever before and I enjoy the challenges set for my body.

INJURY DODGING

"Coping with injuries really tests your mental resilience and perseverance. As an older athlete, I often find that injuries can become chronic very quickly (exposed by the paces I train at combined with the slower recovery process of an older athlete) so I put more work into injury prevention.

"There is so much more to being a good runner than just running. I spend a huge amount of time training specifically to prevent injuries, and have regular treatments of massage, physio and chiropractic work. Sustaining injuries is part and parcel of being a runner but how you deal with them, manage them and maintain fitness to a high level during an injured period can be a real test of mental and physical resolve.

"First, set realistic targets and really understand the process required to help you reach your end goal – be that a race, improving fitness, or weight loss. Beyond that I would suggest that if you aren't progressing as you feel you should then it might be down to the training undertaken. Questions to ask yourself:

Are you doing too much too soon?

Are the hard runs hard but the easy runs really easy, with a clear differentiation between the two?

What else is going on in your life (work, studies etc)?

"A logical analysis of both your training and your life helps you identify areas you need to work on so that you can continue to progress, work towards your end goal and be a happy runner."



Nina is a World Masters champion.



Running in a group brings a sense of belonging and great new friends too!

CASE STUDY 2

'RUNNING KEEPS YOU HEALTHY, SOCIAL AND HONEST'



Gareth Adams, support coach who runs for life, Tunbridge Wells

"I had run (slowly) when I was young, even doing the London Marathon in my early 20s. But then I stopped for a variety of reasons. I'd always had a problem with weight, and added to that I smoked for a long time and I drank more than was healthy. I stopped running for 30 years.

"At the beginning of 2012 I weighed around 300lb, was on statins and hypertension tablets, was unfit and drifting. One morning, a cold but sunny February, I saw a bunch of people running. It was the Tunbridge Wells (TW) Half Marathon and I thought – wouldn't it be cool to do that? So I decided to lose weight and get fit. My wife and I gave up dairy. I started to run, joined a local running group. Three years on I'm a support coach. And I run. I now weigh under 200lb and I have done the TW Half – twice!

"When I returned to running it was to lose weight and get fit. That's half right. Yet running on its own doesn't help you lose weight; changing your diet is also key. What running does is keep you honest. Put on weight, or eat crap and you feel it on the run.

"Eventually I realised that running means a lot more. Running with others became running with friends; I love running with my wife on a Sunday morning.

A SURE-FIRE FIX

"I run for therapy. After a bad day at work, to put on your trainers and go out and bang out a fast run shakes the day off. They say you run out of the mind and into the body – it's true. I can work out how stressed I am by how quickly I do my therapy loop. I run in some great places with brilliant views, get to do fun races with mates and hang out with a bunch of people for which the only thing in common is that we like running. And there's something honest about running, it's not what bike you can afford or all that nonsense.

"So to begin with, three years ago, running was a means to an end. Now it's what I do because I love it. It defines me. I'm a runner. Slow, clunky, but enthusiastic and enjoying it. I get to hang out with inspiring people who do amazing runs in the Himalayas or do their first three-mile run without stopping, or do their first 10k, or Race for Life. So what does running mean to me? It means to be human, in the best way."

CASE STUDY 3

'RUNNING GIVES ME ENERGY, PASSION AND HAS INTRODUCED ME TO MYSELF AGAIN'



Alison Perry, mum, and runner with goals, Tunbridge Wells

"I started running on a whim. Friends were talking about the Couch to 5K programme so I decided to give it a go. I made it to week 4 then lost motivation. Life took over, the weather turned bad and there were only so many times I could face trotting around the same block!

"Fast forward to London Marathon 2014. Back on the couch watching thousands of runners being cheered along the Mall in glorious sunshine. I suddenly thought 'that could be me'. I knew I needed to get fit and needed a big goal to get there.

"This time I made it past the initial flurry of enthusiasm, joined a beginners running group and gradually worked my way up through my first 5K, 10K and eventually a half marathon. Fifteen months on, I'm stronger, fitter and healthier than I have been in many years and that first marathon now feels a stretching but realistic ambition.

"I knew that running would get me fit and that was my prime objective, but I never realised that it would become such an important part of my life and would be a source of such personal satisfaction and fulfilment.

A REAL BOOST

"The first unexpected benefit has been the friendship, support and sense of belonging I have from being part of a club. One of the first lessons I learned from my running club is that if you're too breathless to chat, you are running too hard or too fast. There is nothing quite like a companionable chat as you trot along, to melt away the cares of everyday life.

"The second bonus has been a sense of achievement. There is always something to celebrate, whether it is a PB in an important race, a new distance tackled or just the fact that you managed to drag yourself out on a rainy day.

"But most importantly, it has given me a sense of identity, self worth and a passion and energy, which I had missed since giving up my career to be a mum. Don't get me wrong, I certainly don't regret the sacrifice I made and am immensely proud of my two girls. Yet what running has given me is the ability to be proud of myself too, and the inspiration to challenge myself in new and unexpected ways.

BOOK NOW
3RD OCT 2015

Outdoor Fitness

THE BEN NEVIS BRAVEHEART TRIATHLON

www.bennevisbraveheart.com







TEAM OPTION NOW AVAILABLE

SWIM	BIKE	RUN
1.2 MILE OPEN-WATER	56 MILE BIKE RIDE	13 MILE RUN

3RD OCTOBER 2015

THIS EVENT WILL BE TELEVISED ON CHANNEL 4 AND SKY ALONG WITH A WIDE RANGE OF OTHER INTERNATIONAL CHANNELS

FROM THE TEAM BEHIND THESE MARKET LEADING BRANDS

triradar.com ONE SPORT IS NOT ENOUGH | Triathlon PLUS | Running Fitness

DUATHLON AND RUN-ONLY OPTIONS AVAILABLE, AND A HALF DISTANCE EVENT WILL ALSO BE AVAILABLE

WWW.BENNEVISBRAVEHEART.CO.UK

EVENT SPONSORS

blk.

Royal Parks Foundation Half Marathon

Sunday 11 October 2015



Join our team and help conquer stroke
To find out more contact the Events team
Telephone: 020 7940 1359
Email: events@stroke.org.uk
Website: stroke.org.uk

Stroke association

Stroke Association is registered as a charity in England and Wales (No 211015) and in Scotland (SC037789).
Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Dynamint

Muscle Cream, Roll-on & Spray



Apply to muscles & joints

Contains Peppermint, Eucalyptus, Tea-tree and Calendula



Available in

HOLLAND & BARRETT the good life
day lewis Pharmacy
Boots let's feel good

And all good independent pharmacies and healthfood stores



GEORGE F WINTER

EIMD study

Exercise-induced muscle damage can actually be used to positive effect. George explains how **PRE-CONDITIONING** could improve your time



Participants performed squats at different intensity levels in the test.

Endurance runners improve performance by doing endurance running, right? Not necessarily. Sport and exercise physiologist Dr Dean Burt of Staffordshire University told *Running Fitness*: 'There is increasing evidence that resistance training – such as squats – can improve endurance performance, and studies have shown that a 6- to 12-week lower limb resistance training programme can improve running economy and time-trial performance.'

Dean explained that one outcome of doing unaccustomed resistance exercise is exercise-induced muscle damage (EIMD). Adverse effects include delayed onset muscle soreness, reduced muscle strength, decreased range of motion, muscle swelling and muscle stiffness. These symptoms peak around 24 to 48 hours after muscle-damaging exercise and diminish endurance performance. Oxygen consumption, breathing rate, heart rate, and perceived effort are increased during fixed-intensity running when experiencing EIMD. Running time trial performance is also impaired, with Dean's research showing that the time to complete a 3km running time trial is increased by up to nine 9per cent as a result of EIMD.

However, Burt – together with colleagues from the University of Chester – has recently shown that EIMD can be used to positive effect by runners. It appears that after an initial bout of EIMD, adaptation occurs to the muscle, whereby symptoms and the negative effects of EIMD on endurance performance are reduced. These findings are summarised in the title of a study published in the European Journal of Applied Physiology: 'Lower-volume muscle-damaging exercise protects against high-volume muscle-damaging exercise and the detrimental effects on endurance performance.'

The researchers recruited 16 male endurance runners (average age 26.5 years); eight assigned to a low-volume EIMD group (five sets of ten squats), and eight to a high-volume group (ten sets of ten squats). All participants completed measures of EIMD symptoms, five minutes of fixed-intensity running, and a 3km running time trial before and 48 hours after their series of squats. A fortnight later the process was repeated, except that all participants completed high-volume squats, followed 48 hours later by a second bout of fixed-intensity running and the 3km running time trial.

Two important findings were:

Both low-volume and high-volume squatting induced EIMD after the first bout of exercise. However, EIMD symptoms were reduced in all participants after the second bout of muscle-damaging exercise. This shows that lower-volume resistance exercise protects muscle against high-volume muscle-damaging exercise.

The negative effects of EIMD on running time-trial time were diminished for both groups after the second bout of squatting. The authors stated: 'It is likely that the initial bout strengthened muscle fibre integrity, which subsequently reduced muscle soreness and maintained running time trial performance after the repeated bout.'

Dr Burt told *RF*: 'We've shown that the initial and repeated bouts of lower limb resistance exercise don't have to be identical for there to be a protective adaptation. A relatively mild bout of lower limb resistance exercise protects against exercise-induced muscle damage following a heavier bout of lower limb resistance exercise.'

WHAT DOES THIS MEAN FOR ME?

Dean said: 'Readers who are considering lower limb resistance exercise to improve endurance performance or overall health and wellbeing should perform an initial bout of a low volume to pre-condition the muscle and protect it against further muscle damage following a subsequent bout of resistance exercise.'

FUTURE RESEARCH

Dr Burt is planning future studies: 'I'd like to investigate the older endurance athlete. As we age, the muscle damage response is heightened and it takes us longer to recover. A lot of my research on the effects of EIMD on endurance performance has focused on younger athletes. With more older-aged athletes competing in endurance events, I'm intrigued to see how they respond to and recover from muscle-damaging exercise.'

As an older endurance runner, I'll follow Dean's researches with interest.

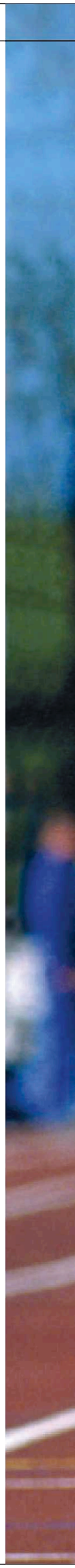
It appears that after an initial bout of EIMD, adaptation occurs to the muscle

A keen long-distance runner and freelance writer, **George F Winter** is a Fellow of the Institute of Biomedical Science

DAVID MOORCROFT

A former Olympic middle-distance and long-distance runner, David Moorcroft OBE is still the **UK RECORD HOLDER** for the 3000m

WORDS Rebecca Gibbs



How/when did you first discover you were good at running?

When I was at school. It was just one of those things, when it was too wet to play football in a PE lesson and we were sent out for a run; I think I won it, got picked for the school team, and it went from there. I joined my local club, the Coventry Godiva Harriers when I was 11, in 1964, and I'm still a member of that club now.

You represented Britain in the 1500m and set records for 3000m and 5000m. Do you have a favourite event or distance?

Although I broke the record at the 5000m, my favourite distance was actually the 1500 – the mile – I loved that distance. I grew up watching great athletes like Kip Keino and Jim Ryun run the mile distance and the 1500m, and that was my first love. I really only went up to the 5000m distance later on.

You won two Commonwealth Golds, competed in three Olympic Games, and set British and European records. Do you have any standout memories from your 20 years as an international athlete?

I have loads, with Commonwealth Golds, and competing in Olympic Games, breaking the British Record. Breaking the World Record was fantastic but it was really unexpected. It was one of those days where just I flew. It was just a perfect night in Oslo. I felt better than I've ever felt in my life, and it was just really easy. But the race I'm probably most proud of was about 10 days later, at Crystal Palace. It was a 3000m and had a really big field of great athletes; there was a lot of pressure on me. It was a different type of race – and I won it, and set a new British and European record.

What did you think about or focus on in the lead-up to a race?

It's strange, actually, because it's such a long time ago that I ran, but quite often before you run, you're actually feeling really bad. The day that I broke the World Record, I went for a jog in the morning with a couple of friends, around a lake in Oslo, and I was really struggling. So I spent the rest of the day panicking that I was going to run badly. And then had the best race of my life!

I think what you try to do is relax; you try not to get too screwed up; you try not to spend the whole day thinking about the race. For me, the warm-up about half an hour before the race is crucial; it's not just about getting your body prepared, it's also about getting your mind prepared and focused.

You've got two races, really: the one against yourself, and the one against the opposition. Some people are really good at running against themselves, but can't run against others. You've got to be good at both those elements.

Do you still run? If so, what is it about running that you most enjoy?

I'm struggling now; I've got a really bad knee – I've had two operations: one on my left knee and one on my right knee. My right knee, the cartilage has been more or less completely removed; it's described as "just bone on bone", so I've been advised not to run. It's only now I can't run that I realise how much I love running. Now, I try to keep fit by walking or cycling, but for me there's no substitute for running; it's just the most perfect, beautiful, natural activity. It doesn't mean to say you like it every time you go for a run – very often you feel horrible! But you always feel good after.

Do you have any tips for keeping fit and improving one's running style?

Keeping fit: just exercise regularly. Anything from walking, to running, to cycling, to swimming, to playing a game. But just getting out and keeping fit regularly, and getting into the habit of being fit at an early age. I think it's really important for children – particularly now that they've got all the other distractions – that parents encourage their children to walk, cycle, jog; to be active and go on family walks, this sort of thing. Because exercise is a habit, and if you get out of the habit, it's hard to get back into it.

Which other athletes inspire you?

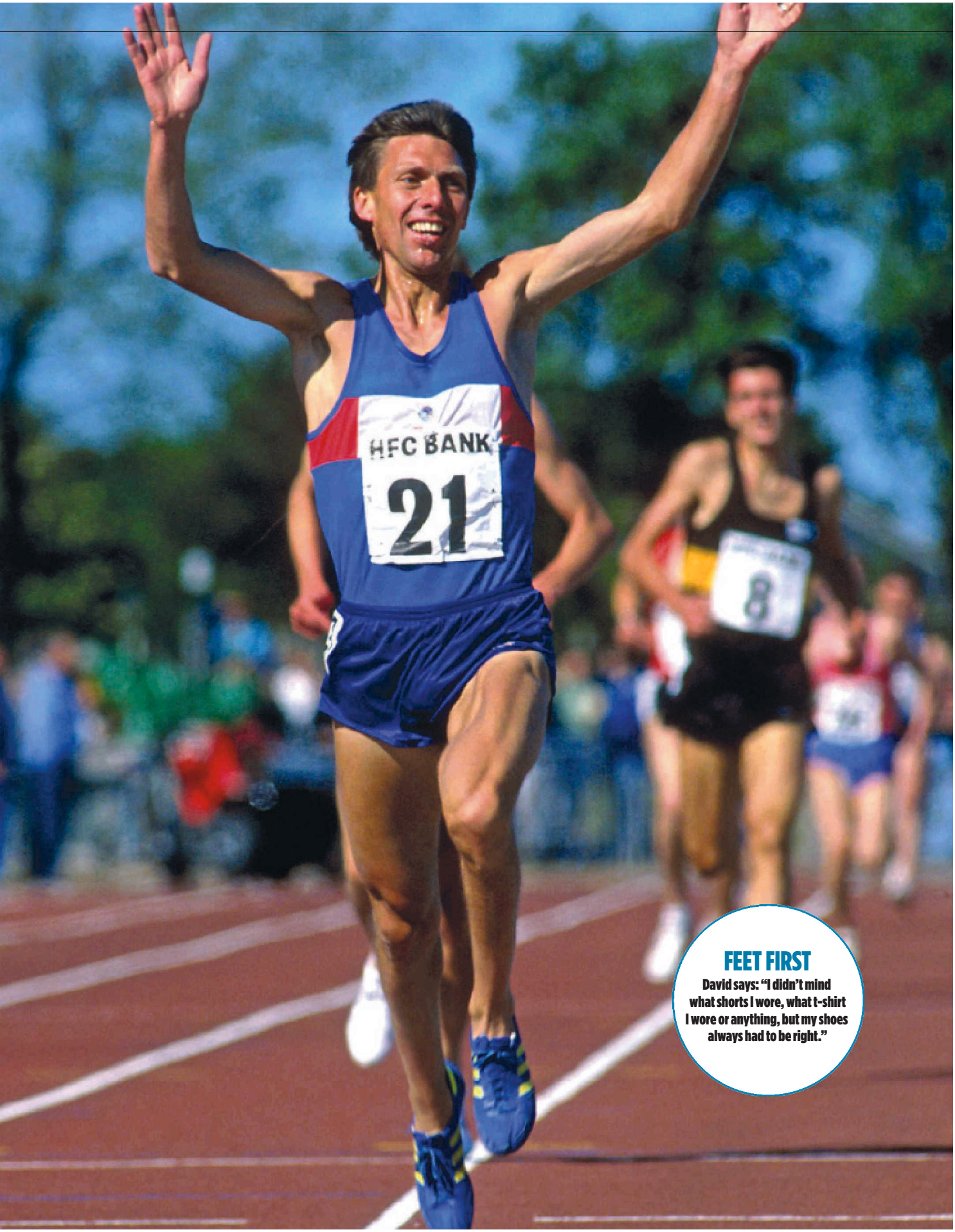
When I was a kid, I was inspired by the likes of Kip Keino and Jim Ryun, the great American miler. In Britain, I had a lot of inspirational runners in my club, the Godiva Harriers. I came into the international scene at the end of the Brendan Foster, David Bedford [04:44], Ian Stewart era; they inspired me a great deal. [04:48] Then I was part of the Coe, Cram, Ovett era. An athlete who is inspirational for me is Haille Gebrselassie. I just think he's a brilliant person and a great runner. And he took on that mantle of just being a great distance runner, but being very charismatic as well.

If you hadn't specialised as a runner, is there any other athletic discipline that you think you might have gone into?

Actually I'm hopeless at everything else! I couldn't triple-jump, long-jump, high-jump, shot put or anything. So it's basically running or nothing. Having said that, I love the other events. I really do like the diversity of athletics; from throws to jumps, to everything. But clearly I was always destined to be a runner, and a long distance runner – I was pretty hopeless at sprinting.

What are the main challenges of being a sports commentator/pundit?

There's a difference between being a commentator and a pundit. Steve Cram's done amazingly well to become a commentator, because of the different skill there. When you think of the great commentators like David



FEET FIRST

David says: "I didn't mind what shorts I wore, what t-shirt I wore or anything, but my shoes always had to be right."

IMAGE MARK SHEARMAN



Coleman and people like that in the past – they had a resonance in their voice and a clarity; and their ability to put captions to the pictures – it's very, very difficult to describe a race precisely and concisely, with excitement in your voice. Punditry is different because you've got more time to reflect and give a different perspective.

I think the main challenges are: you've got to bear in mind who you're speaking to; you're not speaking to your mates at the athletics club, so you don't have to be too technical. All you have to try to do is add value for the public that are watching, and try to find things that they wouldn't see themselves, and also give an athlete's perspective. There's no point describing what they've already seen or repeating what's obvious; you've got to try to add something else.

How did you get involved with Join In (a UK charity which supports and promotes local sports volunteering)?

I was doing quite a lot of work in connection with London 2012 and I was asked to become involved with Join In about six or nine months before the Olympics started. It was a project that was trying to maximise the excitement at the end of the Olympic Games and the beginning of the Paralympic Games. It was a campaign to try to engage as many sports clubs and national governing bodies and organisations so that we really capitalised on that period, and it was really successful.

Over the last two or three years it's been a real privilege to work with Join In. Effectively, it's trying to get more people volunteering in sporting communities, and a realisation that the most powerful and positive asset that we have in sport in this country are the volunteers. Without volunteers, sport would crumble – they created sport; they created clubs; they created events. They are the reason, ultimately, that London 2012 was so successful – but not just the Games-makers: 152 years of volunteering in this country. Volunteers also help build stronger, healthier, happier communities. Join In is at the forefront of that. We campaign to encourage more people to volunteer. We highlight wonderful stories and just try to encourage people at all levels across the country to lend a hand within sport, on their own terms, in their own time, doing what they want to do. Volunteers really are happier as a consequence. It's very fulfilling; choosing to use your time the way you want to.

Have any volunteers made a difference in your life as a runner?

When I was 11, there was a guy called Red Payne at the club, and he made running such fun. But there were two standout people – one was Mick Crossley, who gave us loads of time – never got paid a penny – and he was just a great coach; he was a good runner himself. He came from kind of a military background so there was an element of discipline, but there was a huge element of fun. And he was brilliant to be around, whether you ran well or ran badly – he'd always keep your feet on the ground.

And then when I was 15/16, Mick handed me on to a guy called John Anderson, who's just an absolute genius; one of the greatest coaches, motivators, educators you could ever come across. He became famous for being the referee in 'Gladiators'; you know – the "three, two, one!" but he's just a sensational coach; way above his time. John coached me from the age of 16, right through my career. To me, he was not only a great motivator; his thoughts about athletics, about distance running were innovative and he did it all for free; I never paid him a penny – it would have cost him a fortune. But hopefully he got a huge amount out of it, and I certainly owe him a great deal.

And there were thousands of other volunteers – at a club, at competitions, right across the country – all of whom played more than a little bit of a part in my career.

What makes the Run Reigate Half Marathon a special race? What are your hopes for the new Reigate 10k?

Within a very short period of time, the Run Reigate Half Marathon has been selected (by the National Running Awards) as the second-best half marathon in the country. That's judged against many different criteria, but it's primarily judged by the runners themselves. There are hundreds of half marathons across the country, so for Run Reigate to be voted that quickly is fantastic. I think there's just a great feeling about it. There's a great sense of community. The 10k is a good stepping stone towards a half marathon, and you can see the half marathon as a great stepping stone towards a marathon. Run Reigate is supported by InterSport, who are one of the sponsors of Join In, and we work with InterSport to try to get more people volunteering; to promote volunteering in their stores; for those stores to become embedded within sport in their community through the relationship with Join In. And hopefully it's win-win for both of us.

Follow David @dmmoorcroft
Register for the Run Reigate Half Marathon or 10K at runreigate.com

Outdoor Fitness

SAVE 60%

SUBSCRIBE TODAY

3 ISSUES FOR JUST £5*

Save 60%** on the shop price **Free delivery** direct to your door **Never** miss an issue



3 EASY WAYS TO ORDER

1 ONLINE
kelseyshop.co.uk/ofi

2 POST
Fill in the form and send to: Outdoor Fitness magazine Subscriptions, FREEPOST RTKZ-HYRL-CCZX, Kelsey Publishing Ltd., Cudham Tithe Barn, Berry's Hill, Cudham, Kent, TN16 3AG

3 CALL OUR SUBSCRIPTION TEAM
0845 872 7385 & quote offer code OFIC115

Hotline open: Mon - Fri 8am - 9.30pm, Sat 9am - 4pm. Please note that calls are charged at your local rate, for further information please check with your service provider.

*PLEASE NOTE: 3 issues for £5 offer is a Direct Debit, UK subscription offer only. You can cancel at any time in writing in the first three months and £5 will be your only commitment. If you do NOT cancel in that time, a regular payment will continue at £46.80, taken via direct debit from your bank every 12 months. **60% discount calculated on your first 3 issues.

SUBSCRIPTION OFFER SUBSCRIPTION OFFER Outdoor Fitness SUBSCRIPTION OFFER SUBSCRIPTION OFFER

YOUR DETAILS

Mrs/Ms/Miss/Mr Forename
Surname
Address
.....
..... Postcode
Daytime phone Mobile
. Email

DELIVERY DETAILS (if different from above)

Mrs/Ms/Miss/Mr Forename
Surname
Address
.....
..... Postcode
Daytime phone Mobile

☑ **YES! Please send me the next 3 issues of Outdoor Fitness for just £5.**

After 3 issues I understand that my subscription will continue at the low rate of just £46.80 every 12 months, saving *20% on the shop price – unless I write to tell you otherwise.

Instructions to your Bank or Building Society to pay by Direct Debit

Name of Bank
Address
.....
..... Postcode
Account name
Sort code | | | | | | Account number | | | | | | | |

Signature Date

Originator's Id number
8 3 7 3 8 3

Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit guarantee. I understand that this instruction may remain with Kelsey Publishing Ltd. and, if so, details will be passed electronically to my Bank or Building Society.

PLEASE SEND COMPLETED FORM TO:
UK Freepost address:
Outdoor Fitness magazine Subscriptions, FREEPOST RTKZ-HYRL-CCZX, Kelsey Publishing Ltd., Cudham Tithe Barn, Berry's Hill, Cudham, Kent, TN16 3AG

Offer/prices available until 31st December. Kelsey Publishing Group Ltd. uses a Multi Layered Privacy Notice giving you brief details about how we would like to use your personal information. For full details visit www.kelseyshop.co.uk or call 01959 543524. If you have any questions please ask as submitting your data indicates your consent, until you choose otherwise, that we and our partners may contact you about products and services that will be of relevance to you via direct mail, phone, email and SMS. You can opt-out at ANY time via email data.controller@kelseypb.co.uk or 01959 543524.

Offer code: OFIC115

Q&A 1000 MILE

This month we go behind the scenes at **1000 MILE** and talk exclusively to manager Charlotte Dover about her job, running, and the importance of wearing the right sock

What is your job role, and what does a typical day involve?

Thankfully there are no 'typical' days, each 1000 Mile day presents its own unique adventure, demands and challenges which keep us on our toes and ensure we evolve with the market. My personal responsibilities are for retention and new business acquisition within the UK national account base, as well as being responsible for all facets of our newly developing and extending export channels; distribution and direct retail partners.

Tell us about your running?

Having recently endured an ACL reconstruction, I am slowly getting back 'on the run'. The Leeds 10k 'Run for All' is first on the agenda with thoughts of a half marathon by the end of the year. The idea of a Color Run is appealing, as is a Tough Mudder and the London Electric Run next year. Having recently worked at the 90th Comrades Marathon Expo, I would love to have the ability to have a crack at that, but think I probably need just a few more km under my belt before I contemplate such craziness!

Do you have a preferred time of day to run, or do you fit it in when you can?

It can be a question of fitting it in but certainly evenings are a better time, it's a great opportunity to think things through or simply for a bit of a mind blank and let the body take over.

I do like a route with a bit of scenery to inspire me, but quite often end up on a treadmill, and music-wise, my preference is something uplifting with a beat - dance, house and trance.



Charlotte Dover is the National Account & Export Manager.

Have you a favourite 1000 mile sock? Which sock do you currently run in? What makes you select that style?

Obviously I have a drawer full of 1000 Mile socks and am a massive fan of the double layer approach to help stop blisters and to keep feet cool and dry, it does depend slightly on what I'm doing but my favourites are the Breeze, Fusion Anklet and Trainer Liner.

BEHIND THE BRAND
NAME: Charlotte Dover
BRAND: 1000 Mile
JOB TITLE: National Account & Export Manager

What do you think has been the biggest technological change/ development in socks/ fabrics over the last few years, and how has it affected your brand in particular?

1000 Mile is a market leader in innovation and technology in the sock market, recently incorporating several new innovative yarns into our socks: Nilit Breeze (with cooling properties) and Cupron (copper fibre with anti-microbial and foot health benefits). While there have been some exciting developments and application in apparel technology and design, the sock market (in its larger form) has tended to rely on colour palettes to change ranges rather than look to an application of technology to evolve. At 1000 Mile we try to embrace such technology and find practical and useful application for it with our socks.

Have you any thoughts on running socks for the future? Any new technology around the corner for your brand?

1000 Mile running socks will continue to evolve and strive for more; it is a natural and fundamental part of our brand identity. There are a number of areas we are considering at present, ranging from fibre types, to application of 'other' technologies, to design to wearable tech… there is much to consider but we will not bring anything to market unless we are sure that there is a 'need' for it and that the product is functionally spot on. Over the years, 1000 Mile has built a solid and strong reputation on quality and performance; we intend to continue that tradition and provide runners with great product.

Who would be your 'Greatest runner of all-time' and why?

Haile Gebrselassie is an incredible athlete who is re-investing within Ethiopia, trying to give others an opportunity to achieve more through various schemes: building and sponsoring of schools, job creation, running programs. He always seems to have a smile and is incredibly humble about his achievements, both on and off the road.

Sum up what running means to you in three words?

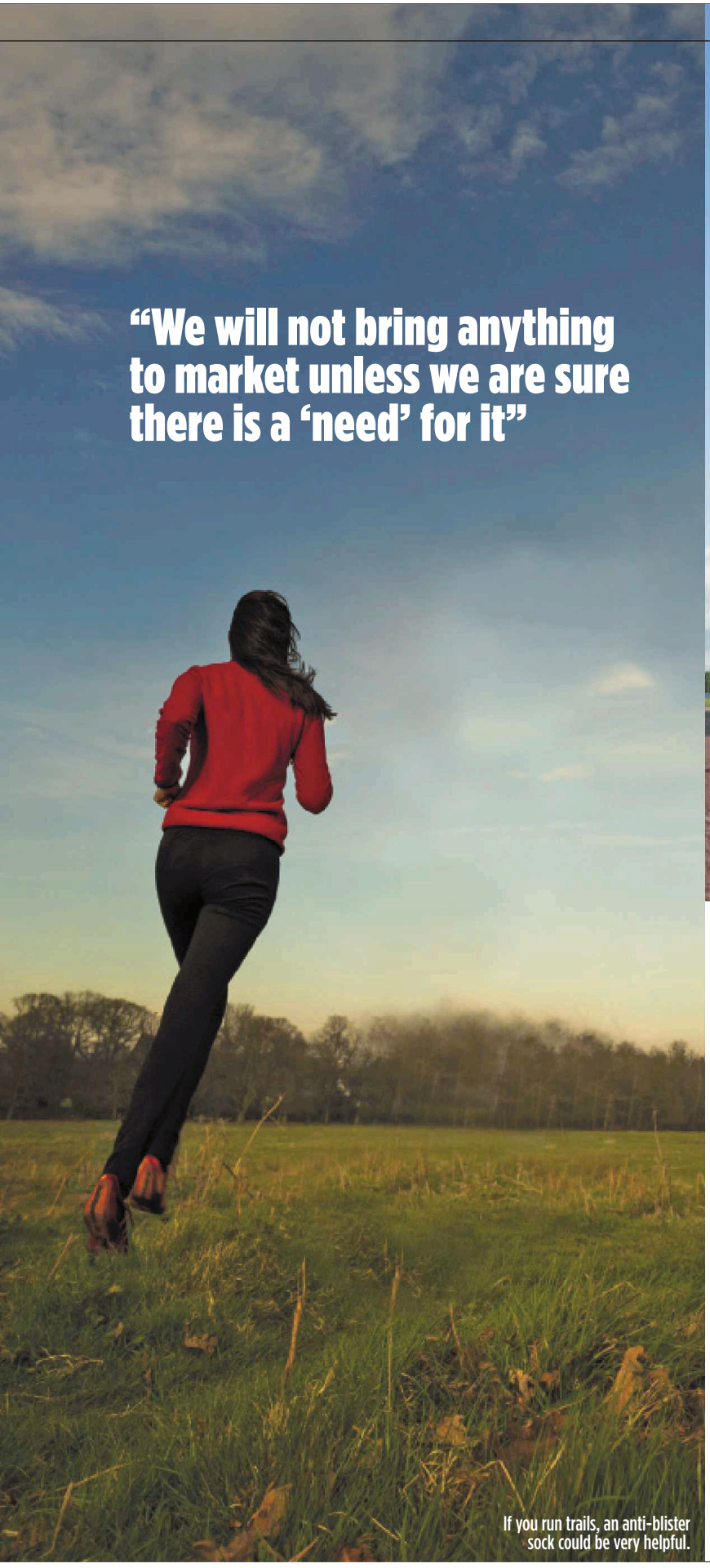
Freedom, health, clarity.

If you were to give one piece of advice to someone buying running socks/clothing, what would it be?

Go to your local running specialist and ask them for some help; they have a wealth of knowledge and insight from their years of experience in the trade. They will be only too happy to share this with you to keep you at it and out there; they'll help with gait analysis to get you in the right shoe, a great 1000 Mile double layer (blister free guarantee) sock to complement it and will also assist you with appropriate apparel selections too.

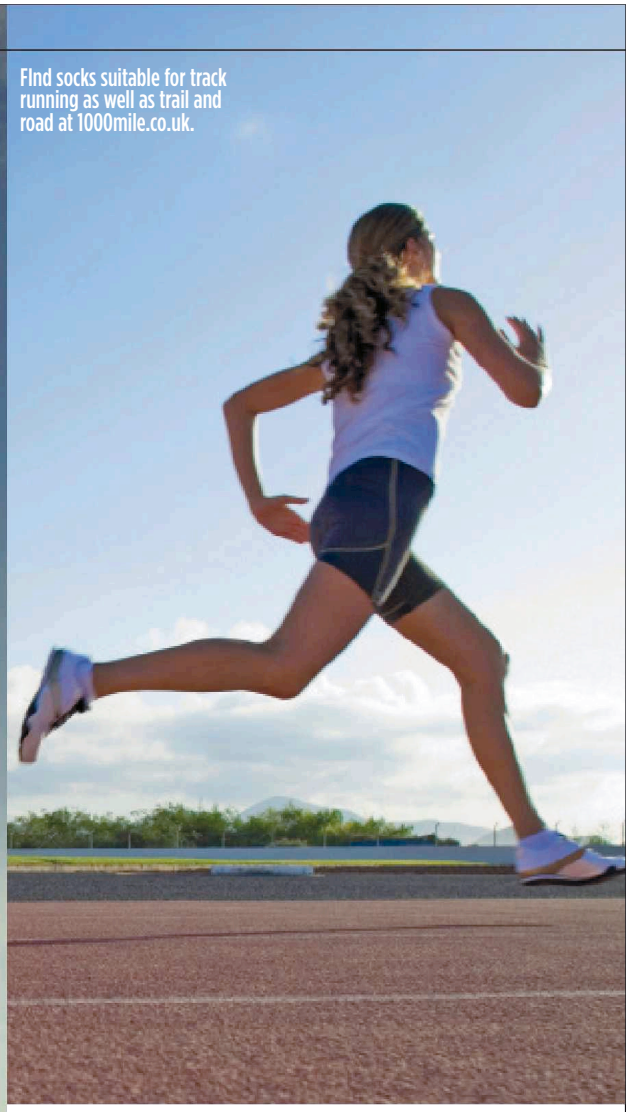


"We will not bring anything to market unless we are sure there is a 'need' for it"



If you run trails, an anti-blister sock could be very helpful.

FInd socks suitable for track running as well as trail and road at 1000mile.co.uk.



Charlotte's favourite socks, from the top: Breeze, Trainer Liner and Fusion.





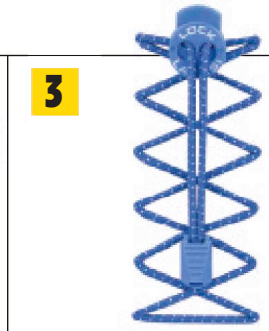
NEW BALANCE 1080V5 £110
Overflowing with features, the New Balance 1080v5 is designed for the neutral runners amongst us. Packed with N2 cushioning in the heel and N2 Burst in the forefoot, a real premium, plush ride is experienced. The FantomFit upper adds to the luxury feel, making this a great shoe for those who want their feet to feel special.
newbalance.co.uk

SHARE YOUR KIT PICS WITH US
What can't you live without? Share your images with us on Facebook and Twitter















HOT PICKS

The **BEST KIT** and accessories for summer running

1 NIKE DRI-FIT COOL STRIPE TAILWIND CREW £38
Available in six colours to suit all tastes, this tee is made from Nike's highly breathable and lightweight Dri-FIT cool fabric. The fit is fairly loose, and there is a handy zipped pocket on the rear.
store.nike.com

2 ODLO RAPTOR RUNNING SHIRT £45
Make a statement with this top from ODLO. Available in several designs, it provides great moisture management and also has anti-odour properties thanks to the fabric containing silver ions.
odlo.com

3 NATHAN LOCKLACES £6.99
If you are doing a triathlon this summer (or just want a hassle-free way to secure your shoes), look no further than these elastic laces from Nathan. Easy to put into your shoes, they adjust and clip securely into place in a flash. Available in a variety of colours.
nathansports.com

4 2UNDR GEAR SHIFT UNDERWEAR £24.99
Not sure what to wear under your running shorts? Then take a look at 2UNDR's range of sports underwear. We loved the Gear Shift style which uses Coldskin technology to promote cooling in areas where heat builds up. The Joey Pouch also provides complete comfort. Flat-lock stitching helps reduce chafing, making these a great option for all male runners. Available in Black, Blue, Green and Red (shown).
2undr.eu

5 PUMA PWRCOOL 7" 2-IN-1 SHORT £30
Look great and keep cool this summer with these shorts from Puma. Featuring PWRCOOL technology fabric, which has an inner print that activates on contact with moisture to keep the body cool. These 2-in-1 shorts have a compression tight and there is also a sweat-proof zipped pocket.
uk.puma.com

6 NIKE 18CM DISTANCE SHORT £30
Looking for a longer length running short? If so, take a look at this style from Nike. Made from sweat-wicking fabric, the short also has two side pockets and a rear zipped pocket.
store.nike.com

7 ASICS KAYANO SOCK £13
The Kayano name has long been associated with shoes, but now you can get a sock to match! Made from a soft, breathable fabric, this sock provides a little support along with some cushioning too.
asics.co.uk

Love summer running? turn to page 28 for advice on running on holiday this year.

COMPILED BY STEWART HAYNES

Running Fitness

runningfitnessmag.co.uk

Kelsey Media, Cudham Tithe Barn, Berry's Hill Cudham, Kent TN16 3AG

EDITORIAL
Editor Amy Curtis **Tel:** 01959 541444
Email: rf.ed@kelsey.co.uk
Assistant editor: Rebecca Gibbs
Consultant editor: Sarah Russell
Deputy editor: Evie Serventi
Contributors: Stewart Haynes, Matt Phillips, Sarah Ivory Yvette Brindle, Martin MacDonald
Art Editor: Hallam Foster
Digital Editor: Katherine Weir

ADVERTISEMENT SALES
Commercial Manager: Lauren Devitt
Advertisement Manager: Greg Bettles
Sales Executive: Catherine Jinks
Ad Sales Tel: 01959 543718
Ad Sales Email: lauren.devitt@kelsey.co.uk

Production Supervisor: Sarah Willmott, 01733 353376, sarah.willmott@kelsey.co.uk
Production Manager: Charlotte Whittaker

MANAGEMENT
Managing Director: Phil Weeden
Chief Executive: Steve Wright
Chairman: Steve Annetts
Finance Director: Joyce Parker-Sarioglu
Creative Directors: Vicky Ophield & Emma Dublin
Retail Distribution Manager: Eleanor Brown
Audience Development Manager: Andy Cotton
Subs Marketing Manager: Dan Webb
Brand Marketing Manager: Rebecca Gibson
Events Manager: Kat Chappell
Events Marketing Manager: Sarah Jackson

SUBSCRIPTIONS
13 issues of Running Fitness are published per annum
UK annual subscription price: £45.50
Europe annual subscription price: £67.49
USA annual subscription price: £67.49
Rest of World annual subscription price: £72.99
UK subscription and back issue orderline: 0845 241 5159
Overseas subscription orderline: 0044 (0) 1959 543 747
Toll free USA subscription orderline: 1-888-777-0275
UK customer service team: 01959 543 747
Customer service email address: subs@kelsey.co.uk
Customer service and subscription postal address: Running Fitness Customer Service Team, Kelsey Publishing Ltd, Cudham Tithe Barn, Berry's Hill, Cudham, Kent, TN16 3AG, United Kingdom

Find current subscription offers on our website: shop.kelsey.co.uk/RFI

ALREADY A SUBSCRIBER?
Manage your subscription online: shop.kelsey.co.uk/site/loginForm
www.kelseyshop.co.uk
Back Issues: 0845 873 9270 **Books:** 0845 450 4920

DISTRIBUTION
Seymour Distribution Ltd, 2 East Poultry Avenue, London, EC1A 9PT
www.seymour.co.uk
Tel: 020 7429 4000

PRINTING
William Gibbons & Sons Ltd

Kelsey Media 2015 © all rights reserved. Kelsey Media is a trading name of Kelsey Publishing Ltd. Reproduction in whole or in part is forbidden except with permission in writing from the publishers. Note to contributors: articles submitted for consideration by the editor must be the original work of the author and not previously published. Where photographs are included, which are not the property of the contributor, permission to reproduce them must have been obtained from the owner of the copyright. The editor cannot guarantee a personal response to all letters and emails received. The views expressed in the magazine are not necessarily those of the Editor or the Publisher. Kelsey Publishing Ltd accepts no liability for products and services offered by third parties. Kelsey Publishing Ltd uses a multi-layered privacy notice, giving you brief details about how we would like to use your personal information. For full details, visit www.kelsey.co.uk , or call 01959 543524.
If you have any questions, please ask as submitting your details indicates your consent, until you choose otherwise, that we and our partners may contact you about products and services that will be of relevance to you via direct mail, phone, email or SMS. You can opt out at ANY time via email: data.controller@kelsey.co.uk or 01959 543524.

Running fitness is available for licensing worldwide. For more information, contact bruce@bruceawfordlicensing.com

recycle
When you have finished with this magazine please recycle it.

KELSEY media
www.kelsey.co.uk

NEXT MONTH

October issue on sale 21 August



PUSH IT!
Get the lowdown on running with a buggy

GET SOME SHUT-EYE
The importance of sleeping well for a better run

AND BREATHE...
Yoga for balance and improvement

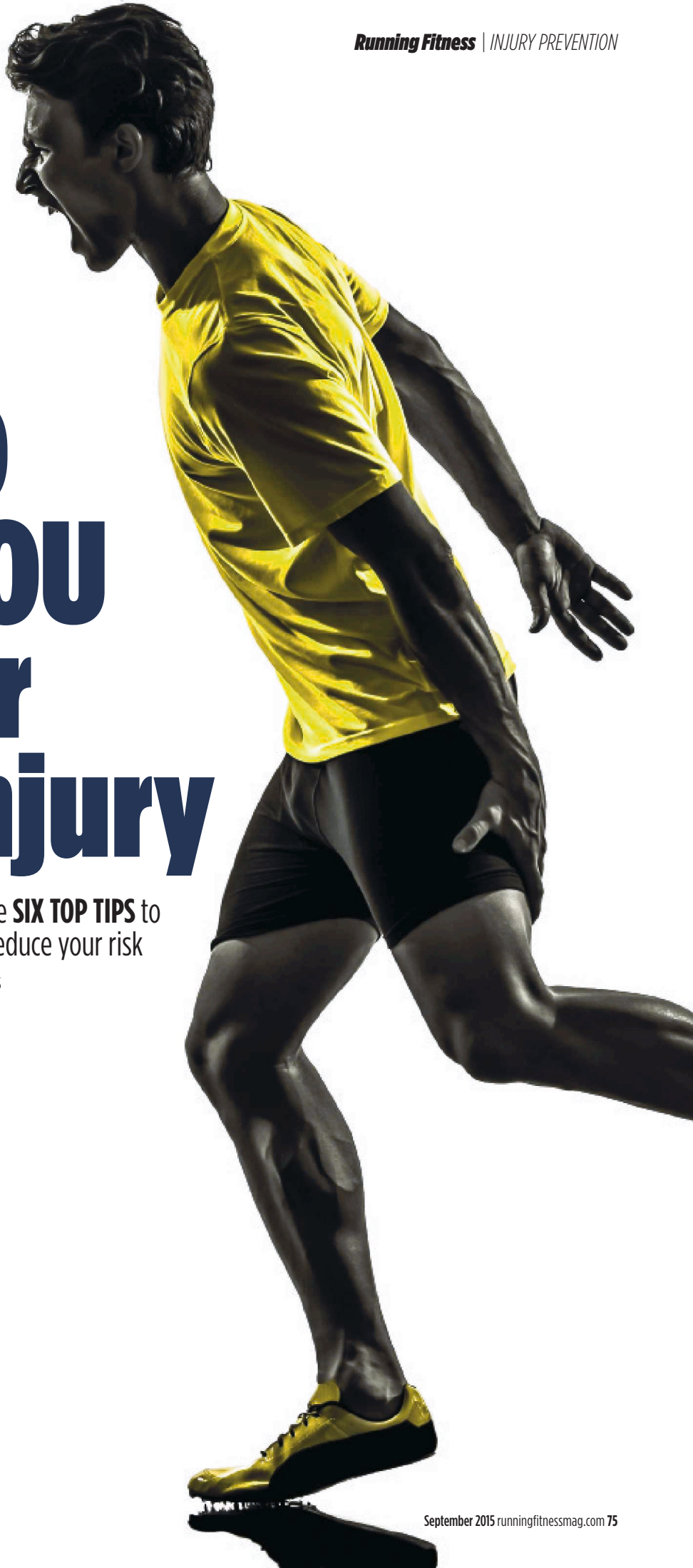
PLUS
the latest kit, news and events



Running Fitness
GO DIGITAL
GET 13 ISSUES FOR ONLY
£15.99

SEE PAGE 90

6 TIPS TO HELP YOU recover from injury



Dismiss the myths and follow these **SIX TOP TIPS** to help you recover from injury and reduce your risk of getting hurt again **WORDS** Matt Phillips

How is it that some runners never seem to get injured? Is it an illusion or are some of us seemingly predestined to be either recovering from injury or about to get injured again? Though research has yet to provide an answer to exactly why certain running injuries occur, there are things runners can do to reduce the risk of injury and, maybe more importantly, reduce the chances of re-injury. We present to you 6 tips to help you recover from injury... and not get injured again!



1 REST DOES NOT FIX INJURIES

Having to take time off from running due to pain is frustrating enough but even more annoying is returning after the rest and seeing the pain is still there! There is an important lesson here: Rest may help reduce pain but it is does not guarantee that as soon as you start running again the pain won't return. Why is this? How come rest doesn't give the tissues time to heal? The answer lies in understanding that healing is not the same as recovery. Healing applies to the body's natural process of repairing damaged tissue. There isn't much we can do to speed up healing, which is why patience can be an important part of rehabilitation. Recovery is different. Recovery refers to how prepared our body is to let us return to a certain level of activity (in our case, running). With suitable rehabilitation, recovery can occur before tissues have healed, e.g. being able to run on a muscle strain that hasn't totally healed, but without appropriate rehabilitation it is also possible that tissues heal but recovery has not yet been reached. We see this a lot with runners who are still unable to run even after three months, despite the fact that any tissues will tend to heal naturally within three months. This leads us nicely on to the next tip...

If you don't train to recovery, don't be surprised when your injury suddenly comes back.

2 DO YOUR REHAB

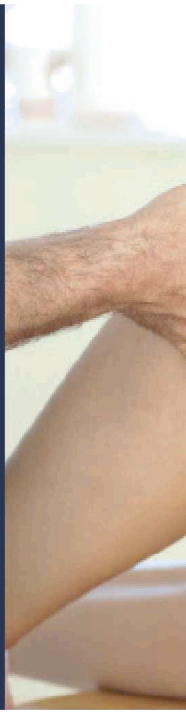
If recovery is about showing your brain and nervous system that running is no longer a threat, then rehabilitation is the ladder that will help to actually get you there. By rehab, we are not talking about you lying on a couch while a therapist prods, pokes, rubs or clicks you. Though couch therapy can help relax your nervous system (and occasionally this is all you may need), proving to your nervous system that running is no longer a threat will take more than this. It will definitely need you to take control of your movement or, in other words, it will require you to be actively involved. You may be on the couch for part of this with your therapist applying pressure to parts of your body, but this should generally be accompanied by you performing an active movement alongside. Ultimately, the rehabilitation ladder will need to see you on your feet working through a systematic strength training program, designed to slowly but surely take you from what your brain and nervous system will allow now to letting you introduce running into your routine again. Which brings us on to our next tip...

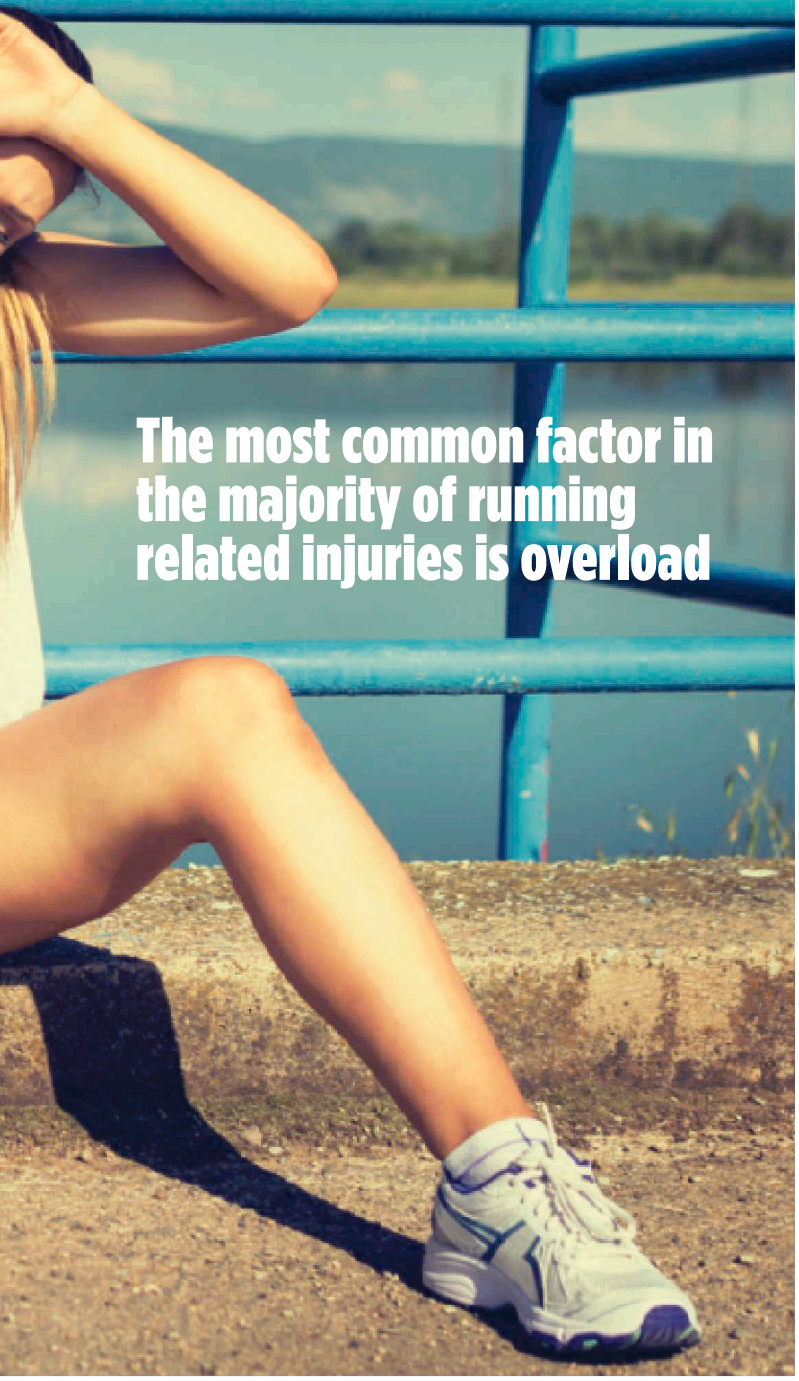
3 THINK STRENGTH NOT STRETCH

Our natural reaction to dealing with pain is either stretching or rubbing. Both often bring about relief but unfortunately, though this habit can decrease pain for a while (as can acupuncture, compression bandages, taping, etc.), it does not help us up the recovery ladder. It doesn't do anything to restore that all-important confidence in our body to once again take on the demands of running. The most important thing that will do that (alongside confidence itself) is strength training. If your system is outputting pain because it fears running will do harm, the answer is slowly but surely showing your system that you can deal with the required loads. A clear ladder of suitably selected and challenging strength exercises that will allow healing to occur in the background but at the same time promote recovery. 'Tight muscles' are so often quoted as the reason for injury, despite the lack of any research to suggest that stretching will reduce injury (or improve performance). If your rehab ladder is not based on graded strength training, change your therapist.

4 CHOOSE YOUR THERAPIST WISELY

If you need help to recover from a running-related injury, it makes sense to choose a therapist who runs themselves and/or has experience in working with runners in particular. That said, bear in mind that not all therapists who run or specialise in treating runners will necessarily be up to date on the latest methodology. Exciting developments in modern pain science mean that a lot of the 'tools of the trade' taught to therapists in the past (and sadly still taught on many courses today) really need updating. It's not a case of throwing everything out and starting again, but there are some key concepts that therapists need to take on board if they are going to be able to give you the best treatment. Most of these are to do with challenging the traditional and now highly unlikely belief that therapists can actually change the structure of your tissues by touching them, and even trying to do so is not a way to help people recover from pain. There is still a place for manual therapy, but it does not involve you lying back and having a therapist 'fix' you. Modern therapists give you the tools to fix yourself.





The most common factor in the majority of running related injuries is overload



Keep a diary to take control of your training load.

5 KEEP A TRAINING PLAN

So, what's the number one rule for reducing the risk of re-injury? Well, despite the attraction of blaming running injuries on 'poor running form' or 'incorrect biomechanics' (although these two can be important factors), the research shows that the most common factor in the majority of running related injuries is overload, i.e. doing more than your body can handle, whether that be too far, too fast, too steep, too often or simply too soon. In order to avoid overload, you need to keep track of the load you are exposing your body to, and that means keeping a training plan. Your body is a fantastically robust piece of machinery, but your protective brain and nervous system will only let you do so much. You can raise the limits your system will allow but you will need to do it gradually. Your protective limits will not be the same as anyone else's, and keeping a record of all your runs is the only way to see how much you can handle, and then tweak it accordingly so it is challenging enough to stimulate gains, but not so challenging that it leads to pain or injury.

Training plans do not just refer to your weekly activity. A very good idea is to have a sketched out yearly plan so you can divide your training into specific areas. Different focus areas (called 'mesocycles' – see August issue, p73) within the year (the 'macrocycle') will allow you to give certain tissue a rest while others are worked; e.g. focus for a month on more strength training, another month on speed work, another on endurance. If you are constantly hitting your body with everything at once 52 weeks a year, you will overload. Plan your races wisely, identify which ones are the main races and which are part of the training for your main races. Taking control of your training load is the best way to keep injury at bay.



You have to look beyond the therapist's couch to get back on your feet.

6 LEARN FROM YOUR INJURY

Einstein defined insanity as "doing the same thing over and over again and expecting different results." This is a very useful mantra when it comes to coming back from injury. You feel better, you're back running, everything seems to be going well... but think about what exactly you have changed to make sure the same injury does not happen again? If you have not changed anything, you can't act surprised or annoyed when it does (unless the therapist you saw gave you the wrong advice – see Tip 4!). Typical changes will normally involve one or more of the following:

MODIFY FREQUENCY – number of runs per week, month, year
MODIFY INTENSITY – speed work, hill work
MODIFY TIME - how long you are out running
MODIFY YOUR STRENGTH TRAINING – think strength not stretch
MODIFY YOUR RUNNING FORM – coaching, run drills
MODIFY YOUR TRAINING PLANS – think monthly & yearly as well as weekly

Follow these tips, be patient, and let us know how you get on!

Matt Phillips is a Running Injury Specialist & Video Gait Analyst at StrideUK & Studio57clinic in Sussex. Follow **Matt on Twitter: *@sportinjurymatt***





DELETE BLOOD CANCER DKMS

Are you going to show?

Far fewer men than women are registering to go on standby to help save a life by donating blood stem cells. Charity **DELETE BLOOD CANCER UK** is putting the challenge out to even up the number

Races should be fun, or at least energising and satisfying. However, that isn't the case when you are in a race against time to find someone who can help save your life, which is the case for around 2,000 people in the UK each year who need a blood stem cell donation to survive, and seek someone with a matching tissue-type who can donate to them.

With only 30% of people in need actually finding a donor within their own family, the rest rely on the altruism of an unrelated donor. They depend on finding a match among those who have registered to be on standby to donate some of their blood stem cells.

Registering to donate blood stem cells to help save someone's life doesn't mean that you will donate. It means that you are available to donate if a patient in need of a donation matches your tissue-type. You could be asked to donate in five years, ten years or maybe never.

When it comes to this act of altruism, numbers show that women appear to be far more willing to donate their blood stem cells than men.

MORE WOMEN THAN MEN REGISTERING TO SAVE A LIFE

Delete Blood Cancer UK, the charity that recruits potential blood stem cell donors, is concerned at the gender imbalance among those registering to donate. Because of this, the charity is now running a campaign to raise awareness among men. Of the one hundred thousand people who have registered as potential blood stem cell donors since they launched in 2013, sixty-five percent are female, and Delete Blood Cancer UK would like to see a more even split.

The charity says that, while it is wonderful that so many people are willing to help save the life of someone they don't know, they believe that there may be barriers for men in registering. That is why it has launched a nationwide campaign aimed at encouraging more young men to register with the question 'Are you going to show?'.

Delete Blood Cancer UK says that the campaign has to raise awareness but also to challenge men as it can be a matter of life and death for those trying to find a matching blood stem cell donor who can save their life.

A CHANCE FOR LIFE

For many blood cancer patients, a blood stem cell donation is their only chance of survival and they will die if a matching donor isn't found. A matching donor not being found doesn't mean that there is nobody with a tissue type that is compatible to the patient who could save their life; there could be someone out there with a tissue type that matches the patient's who could save their life, but tragically, they may not be registered as a potential blood stem donor.

With a far smaller number of men in the UK registering to help save a life this way, Delete Blood Cancer UK is concerned that some patients in need of a blood stem cell donation are missing out on the chance to find matching donors.

WANT TO SHOW?

You can register in just five minutes online and request a cheek swab kit that will enable you to take your own tissue sample and to go on the database to maybe one day become a blood stem cell donor, through the Delete Blood Cancer UK website: deletebloodcancer.org.uk.

ARE YOU GONNA SHOW?



SHOW BLOOD CANCER WHAT YOU'RE MADE OF.

SIGN UP FOR THE TEAM.

Blood cancer is the ultimate opponent. Brothers, sisters, mates, mums, dads... it doesn't discriminate.

Their only chance of survival is to find a suitable blood stem cell donor. You could be their only hope, **but will you show?**

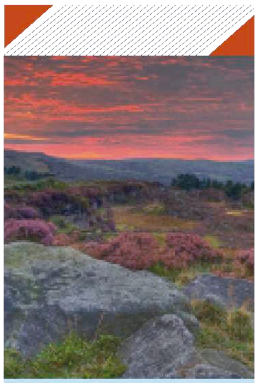
All you have to do is sign up, it only takes two minutes to become the man of the match:

showbc.org.uk

DELETE BLOOD CANCER | DKMS

WILD RUNNING SOUTH PENNINES

Let ***Running Fitness*** take you on a journey to discover some of Britain's spectacular **MOUNTAINS, FORESTS** and **COASTAL TRAILS**, perfect for a wild run



OTLEY CHEVIN

Distance: 4.5 miles (7km)

Start/finish: Beacon House car park, York Gate, Otley, LS21 3DG

Terrain: Path, forest trail

Toughness: Easy

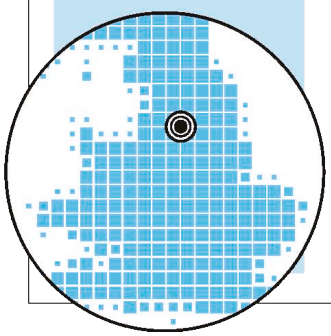
Ascent: 174m

Navigation: Easy

Good for: Ascents, urban escape

Route info: wildrunning.net/otley

This route is a short but classic run to the summit of the Chevin and back. Otley is only a mile from Leeds Bradford airport but the feeling of escape and tranquillity is wonderful. The highest point is Surprise View (282m), the site of a beacon. Forest trails provide great running and views are spectacular. Head N from Beacon House car park to meet the Dales Way, continuing E to the summit of the Chevin. Or simply explore the many footpaths and bridlepaths which loop the hill.



I followed a clear trail up onto Ilkley Moor, my feet crunching on the fine gravel as I ran. The far-reaching moorland view that greeted me had been warmed by the evening sun into a blaze of colour: purples, russets and deep reds that filled both earth and sky. I pushed onwards and upwards to reach a great, rocky outcrop and stopped to feel the rough gritstone against my hand. Looking down from my high-point I could spot tiny houses far below in a deepening pool of blue-grey shadow. Scrambling to the top of the biggest boulder, I lingered as long as I dared in the fast-failing light before plunging back down the steepening track to the waiting valley below. Running here is a true escape: a world away from the surrounding towns and cities; peaceful, solitary and free.

THE LANDSCAPE

The South Pennines lie hidden between the Peak District and the Yorkshire Dales. This is a unique landscape which has inspired many great writers and poets, including the Brontes and Ted Hughes. It is a vast, open area of sweeping, high moorland intersected by steep-sided narrow valleys containing settlements built using the local gritstone. The hillsides and pastures bear the scars of a long history of human use, from Mesolithic, Bronze Age and Iron Age relics to Roman roads and hillforts and the mills and factories of the industrial revolution, powered by the area's fast-flowing streams. The peaceful expanses of gritstone moorland are covered in a network of trails, footpaths, bridleways and ancient packhorse roads that provide easy access to wild places and great running.

TANTALISING TRAILS

There are many long distance trails here too – the Dales Way runs for 78 miles from Ilkley in West Yorkshire to Bowness-in-Windermere in Cumbria. There are several excellent circular routes along the Dales Way, including our run this month, which takes in The Chevin – an imposing Millstone Grit edge which overlooks Otley and the Wharfe Valley. The Chevin itself lies within the Chevin Forest Park. An exciting network of trails winds its way around the hills and woodland here and the highest point – Surprise View at 282 metres – is recognised as one of the finest viewpoints in Yorkshire, with views of up to 60km.

The South Pennines have a busy fell-racing calendar, including the wonderfully-named 7.5-mile Reservoir Bogs race in June. There's also a great selection of trail races, including the popular Guiseley Gallop 10k in April. Finally, the Chevin Chase is a 7-mile multi-terrain race organised by the Airecentre Pacers. It is held on Boxing Day and takes in a loop of the Otley Chevin ridge from Guiseley.



This area is peppered with breathtaking views; a real treat to stop and admire.



It's not all hills – there is the occasional flat stretch to be enjoyed.

One of the beauties of this route is the changing terrain from hills to woodland.

INSPIRED TO DO YOUR OWN WILD RUN?
Share your photos and stories on our facebook page or tweet us

South Pennines – Otley Chevin

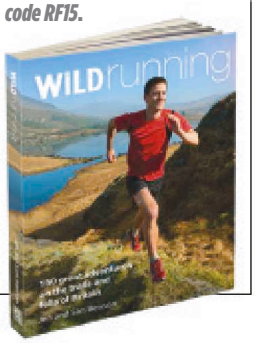
Miles	Km	Directions
0.0	0.0	From start, head north to meet the Dales Way at The Beacon, turning right here and following this east to Surprise View at the summit of the Chevin
0.4	0.7	Continue east on the Dales Way, turning right at East Chevin Road and then left into the Chevin Forest Park car park
1.2	2.0	From car park bear left at fork and follow path east to Caley Crags
2.2	3.6	At Caley Crags follow path around to right, heading back west to return to car park, joining outward route back over the Chevin to the start

JEN AND SIM BENSON

are runners, writers and adventurers. Their new book *Wild Running: 150 Great Adventures on the Trails and Fells of Britain* (Wild Things Publishing) is the first UK guidebook for those who love to run and who dream of exploring Britain's spectacular mountains, forests and coastal trails.

RF reader offer

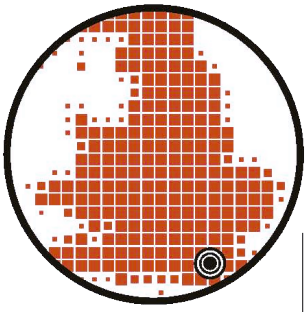
Running Fitness readers can purchase the book at 25% off RRP with free UK P&P from *wildrunning.net using code RF15.*





Another great session with the group smiling and having fun.

RUN ENGLAND GROUPS...



CAKE RUN

This friendly group caters for **ALL ABILITIES** and eats cake once a month!

RUN ENGLAND is the official England Athletics beginner running project. Groups are led by trained group leaders, offering a progressive routine, people of a similar ability to start running with and plenty of support along the way. Find out more at *runengland.org*

Victoria Balandis started running with a Run England beginners' course in 2012 with Chichester Runners & Athletics Club (organised by Robert Wiggins). "The course aims to get you running for 30 minutes in just eight weeks (Chichester Runners offer this course throughout the year)," explains Victoria. "I enjoyed the social aspect of the group, meeting new people and getting fit. I had had a baby and wanted to lose weight and get fit. I thoroughly enjoyed the course and made friends very quickly so I was keen to keep running and enter races. As a group we started doing weekend runs enjoying the group we had become. We would often have cake afterwards and stay and chat. This led to the group name.

"Chichester Runners offered a couple of us the opportunity to complete the Leadership in Running Fitness (LiRF) course and develop the group within Chichester Runners. Cake Run has gone from strength to strength with their support, meeting the need for a group that fits in with the modern, busy lifestyles of people who love to run.

"Our ethos is to run and have fun, making new and interesting friends on the way and of course eating cake!

We run mainly in Chichester, enjoying the beautiful countryside around Goodwood, the South Downs and the breathtaking harbours and coastal paths on our doorstep. Our training sessions are held at Oaklands Park, the venue of Chichester park run. It's a fantastic area, allowing us to work on our fitness, technique, speed and with a decent hill to run up, it has a lot to offer."

SPECIAL INTERESTS

"As leaders we all have an area we favour," says Victoria. "I usually concentrate on hill work, to the groans of the group, not all of whom have learnt to love hills! Leader Sadie Middleton likes technique, it really helps you look in slow-motion at how you run, and how to correct or make the most of your style. Lis Peskett's sessions are always fun with teamwork and fitness obstacle courses to focus on core and balance. Eric Beck offers a great knowledge of

JOIN THE COMMUNITY

Share your photos and stories on our facebook page or tweet us @Runfitmag



Victoria (front row, fifth from left) and group at Oaklands Park, the club's summer training area.



Running to warm up on a chilly evening.

running and makes us work hard, with sprinting and drills. We are an all-round group and offer something for everyone, with a diverse leadership, so we appeal to all.

"We have a wide range of abilities and ages from teenagers to the over-60s. Not everyone in Cake Run is there to race, but with the four leaders to guide and help we can offer a variety of routes, distances and training styles to accommodate everyone and help them achieve their goals whatever they maybe. We encourage runners to work at a pace that suits them and keep running as an enjoyable activity, not a chore.

"We enter races and events from 10k to half marathon distances. Chichester Runners offer lots of events and trail runs which we encourage the group to enter. This includes the Midsummer 5 which is a rare opportunity to run the Goodwood motor circuit. Lis and a group are currently attempting to complete a 10k every month in 2015. Sadie and her husband recently completed the Petworth Discovery half (a tough, hilly race) for charity. They raised an amazing £2,800 for Toby Booker, a local boy who suffers with Cerebral Palsy. I am currently training for the 21-mile 'Summer Plod' through the Meon Valley with Eric and a small group of other Cake Runners.

Essential info

What is your annual highlight?
The Chichester 10k

How many members do you have?
75+ with new members joining weekly.

Age range?
13-65

How many weekly training sessions do you hold?
Two: one training and one run night.

Please describe the group in three words...
Fun, welcoming, enthusiastic

chichester-runners.org.uk/cake-run

CAMARADERIE AND CAKE

"Our members say we are special because we are like a family," says Victoria; "we have great camaraderie and our members are always smiling!"

"Julia started running in 2012 on the same beginners' course as me; she didn't find it easy at first but persevered and has completed numerous races. She told me: 'I joined Chichester running club as I've found that running was the only exercise that keeps the weight down. I also need challenges to keep me motivated and the club offers that on all levels, from doing team exercises at training to doing distance work on Thursday or even doing trail running. The competition is there if you want it but likewise you can run at your own pace. It's fun and it's free and, as well as that, there's cake once a month!'"

Nominate your group by emailing rf.ed@kelsey.co.uk (making the subject 'Run England').

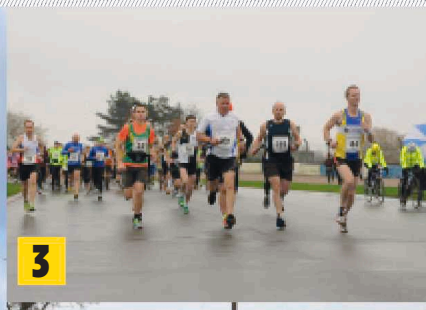
5 BEST FAST HALF MARATHONS

Find the **PERFECT RACE** to nail your PB from this selection of upcoming events




A real showstopper, the Great North Run should be on every runner's wishlist.









1 MORRISONS GREAT NORTH RUN

WHERE: Newcastle, UK
WHEN: 13 Sept 2015
FEATURES: A buzzing, scenic city route from Newcastle-upon-Tyne to the coast of South Shields with huge crowd support to get you across the finish line. Despite a conversation-stopping hill just before halfway, there are lots of gentle downhill sections and the cheering throngs alone will help you get that PB! Over 57,000 people entered last year's event – one to put on your bucket list.
RACE INFO: *greatrun.org/great-north-run*

2 PADDOCK WOOD HALF

WHERE: Kent, UK
WHEN: 3 April 2016
FEATURES: Low-key rural event, yet well-known for being a fast/flat course, well organised – and a timely target race for those training for the London Marathon. This year's race saw over 2,000 competitors run past hop farms and picturesque orchards to receive their medal as they crossed the finish line. Chip timing, goody bag and post-run nutrition available. You've got plenty of time to start training for this one!
RACE INFO: *paddockwood halfmarathon.co.uk*

3 DONINGTON PARK HALF MARATHON

WHERE: Leicestershire, UK
WHEN: 15 Nov 2015
FEATURES: Race on the track – on foot! Enter the corporate team relay for a speedy yet social race (a team of five pass the baton after each lap) or run the course solo. Lap times are logged. A unique event and one you won't forget.
RACE INFO: *donington-park-half.co.uk/about-event.asp*

4 WHITE HORSE HALF

WHERE: Oxfordshire, UK
WHEN: 3 Apr 2016
FEATURES: Fast and friendly, with smiling marshals to guide you to the end, this flat course offers beginners or experienced runners a "character-building race" as one runner said after this year's race. The flat course and sometimes challenging weather make it a real confidence-boosting event. This is a scenic route and quite a small scale race with only 500 entrants altogether.
RACE INFO: *whitehorseharriers.org*

5 BRASS MONKEY HALF

WHERE: York, UK
WHEN: 17 Jan 2016 (provisional)
FEATURES: This is a fast, flat and friendly event, now in its 34th year. Suitable for beginners, club and fun runners alike. Encouraging marshals will guide you along the public roads to keep you on track and motivated. Snacks, prizes and warm drinks welcome you at the end of this PB race.
RACE INFO: *yorkknavesmire harriers.co.uk/brass-monkey*

ROVING REPORTERS... I DID IT!

Our team of **'ROVING REPORTERS'** review some of the events they've taken part in. Each reporter analyses the event and tell us if they'd do it again. They did it; maybe you will too?

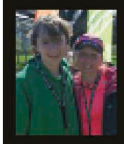
THE MAVERICK TRAIL RUNNING SERIES – THE SUSSEX ORIGINAL

Distance: 11km, 16km or 24km options
Location: Midhurst, West Sussex,
Terrain: Trail
maverick-race.com



The race has smooth terrains but be prepared for rougher surfaces too.

Runner Bios



Name: Sarah Russell
Age: 42
Occupation: Consultant Editor *RF*
Running ability: Experienced
Name: Eddie Russell
Age: 15
Occupation: GCSE Student
Running ability: Beginner/Entry

WHAT WAS IT LIKE?

Maverick Race is all about celebrating the beautiful British Countryside. The races are in the most stunning locations all over the South East and are genuinely aimed at runners of all abilities. Organised by runners for runners, the routes are designed specifically to take you on the loveliest trail through woods, fields and forests. You won't find any man-made obstacles here, just proper cross country running, friendly folk and great organisation.

The series is brand new for 2015 and they've hit the nail on the head with the routes, organisation and feel of the events. Low key, yet professionally organised, it was one of the most friendly and non-competitive events I've been to in a long time. Lots of chatting to fellow runners and friendly faces all the way around.

We took part in The Sussex Original which was set in Cowdray Park in Midhurst, West Sussex. A stunning location, and with blossom on the trees and galloping polo ponies alongside the course it made for an iconic setting.

It was a really special event for me, as I ran with my 15-year-old son for the first time who did the shorter 11km route. We ran together for the first few miles, then the path split and he went one way and I continued to do the 16km race. I was rather surprised to finish as 3rd female overall in the 16km (medium) distance.

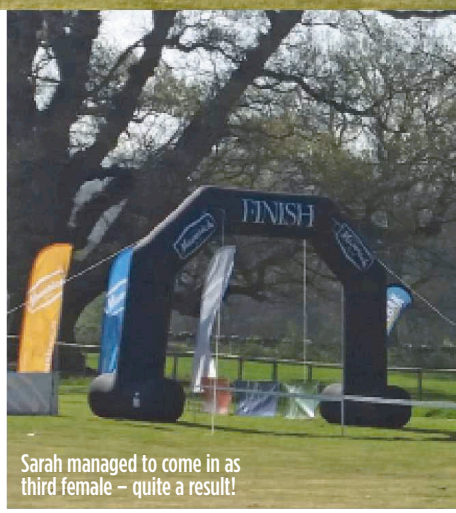
WHAT'S THE TERRAIN LIKE IN THIS RACE?

If you like your trail technical and varied then this is the race for you. There was a wide mix of hard forest fire track trail, rutted track, bog, tree roots and sand, which meant that concentration was vital! But it's the sort of running I love, so I thoroughly enjoyed it. If you're new to trail running just take care and be prepared for some tricky footwork.

HOW WOULD YOU RATE THE ORGANISATION?

The route was well marked with arrows and tape, although not many marshals, so you have to keep your eyes peeled and not go off track. There are also no mile markers… which isn't a decision of laziness, rather one in line with the 'back to nature' philosophy of the race. Personally I loved that, as it meant the focus was on enjoyment and the trail, rather than pace and finish time. There was only one water station, which actually didn't bother me as I had my own hydration pack.

One thing that really stood out was the percentage of female runners which looked to be around 50 per cent. Unsurprising, given the friendly, relaxed and testosterone-free feel to the race. There was also a great technical t-shirt and fun medal.



Sarah managed to come in as third female – quite a result!

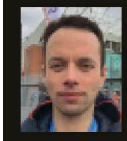
WOULD YOU DO IT AGAIN?

Absolutely. This is the sort of event I love. Back to nature running, technical trail and a low-key friendly environment. Perfect.

There are more events planned for later in 2015. You can visit the website for more information.

ASICS GREATER MANCHESTER MARATHON

Distance: 26.2 miles (4x and 2x relay options also available)
Location: Greater Manchester
greatermanchestermarathon.com



Runner Bio

Name: Sean Smith
Age: 36
Occupation: VP Investment Bank
Running ability: Intermediate/ Advanced 10th Marathon

WHAT WAS THE ROUTE FOR THIS RACE?

Around 8,000 runners took on the road-based course starting and finishing outside Old Trafford football stadium and looping through Trafford Park and the towns of Greater Manchester, including Altrincham, Sale and Urmston. The course is extremely flat with the only climbs being over railway and road bridges. The weather was dry and cool, making it an ideal PB course!

HOW WOULD YOU RATE THE ORGANISATION?

Excellent. Dr Ron Hill and Mara Yamauchi started the race promptly at 9am, with the relay option starting 30 minutes later. The start is easily accessible by tram from central Manchester and there are also parking options at the stadium. The race facilities were well laid out and appropriately sized for the number of participants, with plenty of friendly officials providing direction. The course was clearly marked with large and well stocked refreshment stops every two miles. Particularly well-appreciated were the foil blankets handed out before the chilly start – something that seems obvious but that I've never experienced anywhere else.

WHAT WAS THE HIGHLIGHT OF THE DAY?

I would have to say the combination of excellent organisation, the atmosphere and crowd along the route and the PB potential of the course.

HOW WAS THE RACE?

The cool conditions and flat course encouraged a fast start and I pushed it a bit too quickly at the beginning, running a comfortable but hard pace which came back to haunt me in the second half! The last few miles were tough and the finish-line a welcome sight. My only criticism would be the positioning of some of the mile markers, which were slightly inaccurate towards the end. That said, the organisation was some of the best I've seen and the support along the route helped a lot. The highlight was the combination of excellent organisation, the atmosphere and crowd along the route. I've definitely filed this course as a potential PB and may well be back!

WOULD YOU DO IT AGAIN?

Definitely! Despite being a reasonably large event it was accessible and very well organised with a hassle-free start. The course and conditions were ideal for a PB, but the atmosphere and organisation make it an equally good option for a first marathon. The presence of Old Trafford adds an extra sense of occasion to the start and finish and it's great to know the end is in sight as the stadium comes into view. On finishing you get a great medal and technical t-shirt as well as a protein shake and goody bag with lots of bits and pieces in. Above all, there was great camaraderie among the runners and plenty of support from bands, choirs and enthusiastic well-wishers along the route, particularly in the towns.



There were around 8,000 runners at this year's event.



Enthusiastic spectators made for a great atmosphere at the race.

EVENTS PREVIEWS

GHERKIN CHALLENGE 2015

Climb 38 floors in a race to the sky!

The NSPCC is calling on fitness fanatics and novices alike to take fundraising to new heights by climbing 38 floors to reach the top of London's most iconic skyscrapers. The unique Gherkin Challenge (which the fastest runner completed in just 5 minutes 14 seconds last year), offers participants a rare opportunity to enjoy stunning panoramic views of the capital when they get to the top, from the exclusive Searcy's bar which is normally only accessible to private members.

Winner of The Gherkin Challenge 2014, David Harris, said: "I entered the NSPCC's Gherkin Challenge with a team of colleagues and started practising by running up and down the stairs of my office. There were seven floors and I ran up them 10 times, four times a week, for eight weeks," he recalls. "I was 40 last year when I took part. Although it's hard work, fortunately you recover fairly quickly, and it was absolutely worth it to support the NSPCC's work with children."

NSPCC Head of Participation Events, Victoria Kellaway, said: "Tower running continues to increase in popularity, so whether you're looking to beat a personal best or climb at a leisurely pace, we're encouraging anyone who is looking for a fun challenge to have a go."

It takes the average person 11 minutes to reach the top, during which time 26 children will have contacted the NSPCC's ChildLine service. By taking part in The Gherkin Challenge, participants will be raising money that could help the charity's trained counsellors answer more calls and respond to more online messages.

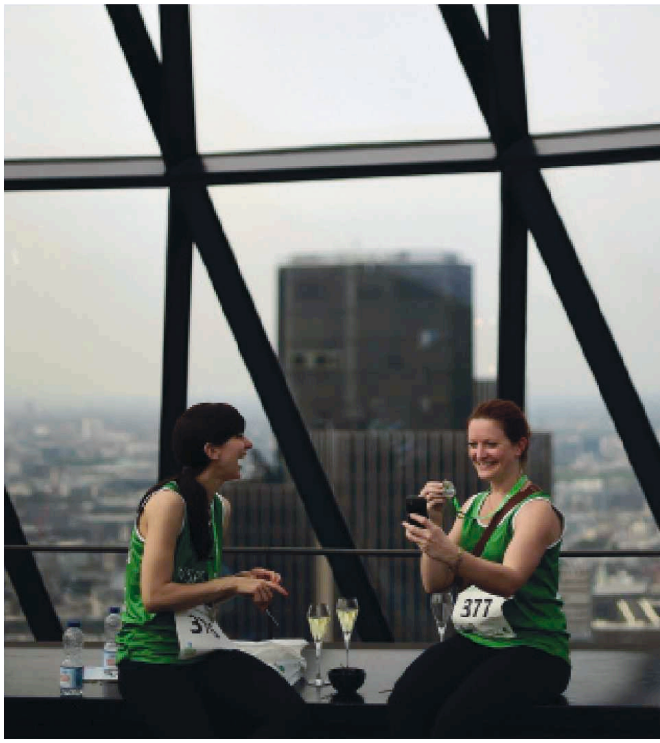
The entry fee is £20 per person or £70 for a team of four with a sponsorship target of £200 per person. There will be a complimentary massage and glass of champagne (or juice if preferred) waiting at the top for all 'Gherkineers'. Registration closes at 23:59 on Tuesday 1 September, just five days before the event itself.



RUNNING ANY OF THESE EVENTS?
Share your photos and stories on our facebook page or tweet us

Essential Info

Date: 6 September
Location: 30 St Mary Axe, London
Price: £20 per person
nspcc.org.uk/gherkin



"Although it's hard work, fortunately you recover really quickly and it was worth it to support the NSPCC"

SPITFIRE 10K

Date: 6 September
Location: RAF Museum London
Price: £18.00 (Running club members/Museum members/Armed Forces Personnel); £20.00 Standard entry; £22.00 on the day

Fancy a 10k with an aviation theme, and a truly unique backdrop? Members of the public have been invited to show their support for 'The Few' by commemorating the 75th Anniversary of the Battle of Britain in style with this brand new event, which starts and finishes in the magnificent surroundings of the fantastic RAF Museum in Hendon.

The race begins at 9am on Sunday 6 September in the shadow of one of the RAF Spitfires and takes runners on a special journey, including a section through the bomber hangar, underneath the iconic Lancaster and Vulcan bomber, before leaving the museum for two loops of a flat road course.

There will be a bespoke Spitfire medal for all finishers along with a selection of finish-line goodies. Chip timing will track your 10k result and prizes/trophies will be awarded to leading runners. The event will have on-site parking (pay and display), toilet facilities, and refreshments. Souvenir technical t-shirts will be also available to purchase.



Why not do something different and do the Spitfire 10K in 1940s dress? Don your victory curls or flying jacket and run this event in style! All participants are encouraged to dress up but of course this is optional. See the museum's website page for a handy collage of outfit ideas.

All profits from the staging of the Race will go towards the ongoing care and maintenance of the museum's aircraft collection. The RAF Museum is entirely dedicated to aviation and offers a world-class aircraft collection, integrated with special exhibitions, films, artwork, engines, missiles, photographs, uniforms, medals and more. Bring the whole family and make a day of it after your run.

Travel information: RAF Museum London, Grahame Park Way, London, NW9 5LL (Sat Nav drivers should use postcode NW9 5QW).

To enter the race (by post or online) visit: nice-work.org.uk/events.php?id=198

rafmuseum.org.uk/whatson



MBNA CHESTER METRIC MARATHON

Date: 4 October
Location: Chester
Price: £35 (UKA affiliated runners); £37 (non-affiliated)

Organisers of the multi-award winning MBNA Chester Marathon have announced the return of the UK's only organised metric marathon for 2015. Covering 26.2km (16.3 miles), the inaugural MBNA Metric Marathon attracted a sell-out crowd of more than 500 runners in 2014, helping many athletes bridge the gap between half marathon and full marathon distance.

This year's event will take place on Sunday 4 October – the same day as the MBNA Chester Marathon – starting and finishing at Chester Racecourse and taking in many of the same roads as the full marathon – famous for its historic route through the Roman city of Chester.

"We identified the need for a race like this after speaking to our runners and we were delighted with the amount of interest it generated last year," said race organiser Chris Hulse from Active Leisure Events.

"The Chester Half Marathon in May gives many people the platform to go on and train for the full marathon in October, but we know that for some runners that step up is just too much. This race helps them make the transition from a half to a full marathon much more smoothly – it's the perfect stepping stone."

Organisers have increased the field capacity this year to 1,000 runners and expect places to sell quickly. The race will start just after the MBNA Chester Marathon, which is expected to attract another 5,000 runners this year and passes Chester Town Hall, Cathedral, the Rows, Eastgate Clock and the Amphitheatre before a grandstand finish back at Chester Racecourse. All finishers in both races will receive a technical t-shirt, bespoke medal and goody bag.

"Sunday 4th October will be a real festival of marathons with the metric race, full marathon and a one mile fun run for children and families," added Chris. "Our aim is to give as many people as possible the opportunity to get involved on race day."

For more information about either race or to book a place visit:

chestermarathon.co.uk

Running Fitness

HOW TO BUY YOUR SUBSCRIPTION

OFFER 1. **DIGITAL EDITION:** VISIT pktmags.com/runningfitness
OFFER 2. **PRINT EDITION:** COMPLETE THE ORDER FORM BELOW

☑ **YES!** I WOULD LIKE TO SUBSCRIBE TO RUNNING FITNESS MAGAZINE

DELIVERY / PAYERS DETAILS

Mrs/Ms/Miss/Mr Forename
Surname
Address
.....
..... Post / Zip code
Country
Daytime phone Mobile
Email

GIFT DELIVERY DETAILS

Mrs/Ms/Miss/Mr Forename
Surname
Address
.....
..... Post / Zip code
Country
Daytime phone Mobile

BEST UK DEAL • SAVE 20% • BEST UK DEAL • SAVE 20%

☐ **I WISH TO PAY BY DIRECT DEBIT (UK ONLY)**
£36.40 every 12 months (SAVING 20%) PLUS FREE USN PACK

Instructions to your Bank or Building Society to pay by Direct Debit
Name of Bank
Address
..... Postcode
Account name
Sort code | | | | | | Account number | | | | | | | | |
Signature Date

Originator's Id number 8 3 7 3 8 3

Direct Debits from the account detailed in this instruction are subject to the safeguards assured by the Direct Debit guarantee. I understand that this instruction may remain with Kelsey Publishing Ltd. and, if so, details will be passed electronically to my Bank or Building Society.

PAY BY CHEQUE / DEBIT / CREDIT CARD

☐ **UK: 6 issues ~~£21.00~~ SAVING 10% £18.90 (NO GIFT)**
☐ **UK: 13 issues ~~£45.50~~ SAVING 10% £40.95 PLUS FREE USN PACK**
☐ **USA / EUROPE: 13 issues at ~~£67.49~~ SAVING 10% £60.74 (NO GIFT)**
☐ **REST OF WORLD: 13 issues at ~~£72.99~~ SAVING 10% £65.69 (NO GIFT)**
☐ I enclose a cheque made payable to Kelsey Publishing Limited (Drawn from a UK bank account)
☐ Please debit my ☐ Visa ☐ Visa Debit ☐ MasterCard
Card number | | | | | | | | | | | | | | | |
Security number | | |
Valid from / Expiry date /
Signature Date

PLEASE SEND COMPLETED FORM TO: UK Freepost address:
FREEPOST RTKZ-HYRL-CCZX Running fitness Subscriptions, Kelsey Media Ltd., Cudham Tithe Barn, Berry's Hill, Cudham, Kent, TN16 3AG

INTERNATIONAL ONLY: PLEASE SEND COMPLETED FORM TO:
Running fitness Subscriptions, Kelsey Media Ltd., Cudham Tithe Barn, Berry's Hill, Cudham, Kent, TN16 3AG, England

PHONE TOLL FREE FROM USA: 1-888-777-0275 (7am-3pm EST)
INTERNATIONAL ONLY PLEASE CALL: 0044 (0)1959 543 747

RFIP0915

*FREE gift subject to availability, we reserve the right to offer an alternative product at the same or higher retail value. On receipt of your order your free gift will be delivered within 25 working days. Offer/prices available until 28th August 2015. Kelsey Publishing Ltd, publishers of Running fitness magazine uses a Multi Layered Privacy Notice giving you brief details about how we would like to use your personal information. For full details visit www.kelsey.co.uk or call 01959 543524. If you have any questions please ask as submitting your data indicates your consent, until you choose otherwise, that we and our partners may contact you about products and services that will be of relevance to you via direct mail, phone, email and SMS. You can opt-out at ANY time via email on data.controller@kelseypb.co.uk or call 01959 543524.

Running Fitness

2 EASY OPTIONS...

OFFER 1. DIGITAL EDITION

FREE RUNNING FITNESS APP AND SAMPLE ISSUE

PAY JUST £15.99 FOR 13 ISSUES AND SAVE 51%*



*51% saving based on digital cover price of £2.49 per issue. FREE gift not included with digital subscription orders.

AVAILABLE ON THE APP STORE AND POCKETMAGS.COM

pocketmags.com

pktmags.com/runningfitness

SUBSCRIBE TODAY

WHICH ONE SUITS YOU?

OFFER 2. **UK PRINT EDITION WITH FREE GIFT**

FREE GIFT WORTH OVER £29.99*

FREE USN R-3 EXCELL & GOODY BAG WHEN YOU SUBSCRIBE

This month we are offering subscribers this fantastic USN sports pack **FREE**. USN's R3-Excell is precisely formulated to provide your body with a high level of protein, vitamins, minerals and electrolytes when your body needs it most. The tasty blend is perfect to take after long periods of intense physical activity. Perfect for complete muscle maintanance for all fitness enthusiasts.

INCLUDES:

- 1x 1kg tub R-3 EXCELL post exercise drink
- 2x 36g ENER-G sports drink satchets
- 1x USN shaker drinks bottle
- 1x USN drawstring bag





PAY FROM JUST **£36.40** EVERY 12 MONTHS SAVING 20%**

*R-3 EXCELL RRP: £29.99

3 EASY WAYS TO ORDER

1 ONLINE
shop.kelsey.co.uk/rfi

2 POST
Fill in the form and send to: FREEPOST RTKZ-HYRL-CCZX, Running fitness Subscriptions, Kelsey Publishing Ltd., Cudham Tithe Barn, Berry's Hill, Cudham, Kent, TN16 3AG

3 CALL OUR SUBSCRIPTION TEAM
0845 241 5159 & quote offer code RFIP0915

Hotline open: Mon - Fri 8am - 6pm. Please note that calls are charged at your local rate, for further information please check with your service provider.

*20% saving based on cover price of £3.50 per issue. UK Direct Debit print offer only.

EVENTS LOCATOR

Inspired to take part in a race? Our **EVENTS LISTING** guide has some of the best races coming up

EVENTS CHANGES!
In order to make these listings as current as possible, we now only list events taking place within the six months following the on-sale date of each issue. Events are listed via region. If you'd like to search for events further ahead, please go to www.run247.com. As always, it's advisable to check race details with organisers nearer the date.

*The editor reserves the right to edit listings, and cannot be held responsible for errors.

EAST MIDLANDS
Road
3 October 2015
NO WALK IN THE PARK
Queen's Park Cricket Pavilion, Chesterfield, S40 2ND
£3/£5 On the day only
John Cannon
01246 566458
j.cannon846@btinternet.com
northderbyshirerc.jimdo.com
5km

LONDON
Multi-terrain
3 October 2015
RUN RICHMOND PARK 10K RACE
Sheen Gate, Richmond Park, SW14 8BJ
£17
The Fix UK Ltd
The Fix UK, Suite 2, 31 Ashley Road, Epsom, Surrey, KT18 5BD
020 8144 0797
info@thefixuk.com
thefixevents.com
10km

LONDON
Multi-terrain
3 October 2015
RUN RICHMOND PARK 5K
Sheen Gate, Richmond Park, SW14 8BJ
£14
The Fix UK Ltd
The Fix UK, Suite 2, 31 Ashley Road, Epsom, Surrey, KT18 5BD
020 8144 0797
info@thefixuk.com
thefixevents.com
5km

NORTH EAST
Trail
3 October 2015
Kielder 10K
Kielder, Northumberland, NE48 1BT
£21-£23
Events of the North
Events of the North Kiln Rigg Wall Hexham Northumberland, NE46 4EQ
01434 689 040
info@kieldermarathon.com
kieldermarathon.com
10km

SOUTH WEST
Multi-terrain
3 October 2015
BOURNEMOUTH MARATHON FESTIVAL - 10K
Bournemouth
Entries Open 6th October
run-bmf.com
10km

SOUTH WEST
Multi-terrain
3 October 2015
BOURNEMOUTH MARATHON FESTIVAL - 5K
Bournemouth
Entries Open 6th October
run-bmf.com
5km

YORKSHIRE AND HUMBERSIDE
Multi-terrain
3 October 2015
SALTERGATE CIRCUIT (16M
Ken Ather Outdoor centre, stape, nr pickering, YO18
£15
Scarborough and Ryedale Mountain Rescue Team
swalesdavid@hotmail.com
srmrt.org.uk/challenge-walks/saltergate-circuit-challenge-walk
16miles

YORKSHIRE AND HUMBERSIDE
Multi-terrain
3 October 2015
Saltergate Circuit (24m
KEN ATHER OUTDOOR CENTRE, STAPE, NR PICKERING, YO18
£15
Scarborough and Ryedale Mountain Rescue Team
swalesdavid@hotmail.com
srmrt.org.uk/challenge-walks/saltergate-circuit-challenge-walk
24miles

SOUTH AFRICA
Trail
03 October 2015
ULTRA TRAIL CAPE TOWN
Cape Town R1800
Summit Events
stuart@ut-ct.com
ultratrailcapetown.com
100km

EAST MIDLANDS
Road
4 October 2015
MABLETHORPE MARATHON AND HALF MARATHON
Monks Dyke Tennyson College, LN12 2DF
£31 Full £22 Half
MABLETHORPE MARATHON FOUNDATION
Mablethorpe Marathon Foundation The Boatshed Victoria Rd Mablethorpe Lincs, LN12 2AQ
info@mablethorpemarathon.org.uk
mablethorpemarathon.org.uk
26.2miles

EASTERN
Multi-terrain
4 October 2015
THE WIMPOLE HOOHAAH 10 MILE RUN
Wimpole Estate nr Cambridge, SG8 0BW
£20.00
hoohaah
info@justhappen.co.uk
hoohaah.co.uk
10miles

EASTERN
Multi-terrain
4 October 2015
The Wimpole hoohaah Half Marathon
Wimpole Estate nr Cambridge, SG8 0BW
£23.00
hoohaah
info@justhappen.co.uk
hoohaah.co.uk
13.1miles

NORTH EAST
Trail
4 October 2015
KIELDER HALF MARATHON
Kielder, Northumberland, NE48 1BT
£28-£30
Events of the North
Events of the North Kiln Rigg Wall Hexham Northumberland, NE46 4EQ
01434 689 040
info@kieldermarathon.com
kieldermarathon.com
13.1miles

NORTH EAST
Trail
4 October 2015
KIELDER MARATHON
Kielder, Northumberland, NE48 1BT
£33-£35
Events of the North
Events of the North Kiln Rigg Wall Hexham Northumberland, NE46 4EQ
01434 689 040
info@kieldermarathon.com
kieldermarathon.com
26.2miles

NORTH EAST
Multi-terrain
4 October 2015
SHEFFIELD CITY 10KM
Rother Valley Country Park, Mansfield Road, Sheffield, S26 5PQ
£16
Mark Caswell
mark.caswell1@btinternet.com
mccpromotions10kseries.com/sheffield-city-10km.php
10km

NORTH WEST
Road
4 October 2015
2015 MBNA CHESTER MARATHON
Chester, CH1 2LY
£47 until 31st July 2015
Chris Hulse and Andy White
07946 493776
lindaw@chestermarathon.co.uk
activeleisureevents.co.uk/marathon
26.2miles

NORTH WEST
Road
4 October 2015
2015 MBNA CHESTER METRIC MARATHON
Chester, CH1 2LY
£37 until 31st July 2015
Chris Hulse and Andy White
07946 493776
lindaw@chestermarathon.co.uk
activeleisureevents.co.uk/metric-marathon
26.2km

NORTH WEST
Multi-terrain
4 October 2015
RUN WINSFORD
Winsford Salt Mine, CW72PE
£20 unaffiliated £18
Brett Connolly
info@xplosiveevents.co.uk
xplosiveevents.co.uk/runwinsford
10km

SOUTH EAST
Cross-country
4 October 2015
ALFRED SHRUBB MEMORIAL
Slinfold Cricket Club, Lyons Road, Slinfold West Sussex, RH13 7R
£10 pre entry, £15 on day
Cliff Comber
55 Greenway, Horsham, West Sussex, RH12

2JT
07774 286456
harriers24@gmail.com
sussexraces.co.uk
5miles

SOUTH EAST
Road
4 October 2015
CAMBERLEYAC/JULIAN FARRELL 10K
Kings International College, GU15 2PQ
£11 (£9 affiliated) in advance, £13 (£11) on the day
Camberley Athletics Club
The Race Organiser, 20 Tekels Way, Camberley, Surrey, GU15 1HX
07885 764889
rjdunnet@gmail.com
camberleyathletic.org.uk
10km

SOUTH EAST
Road
4 October 2015
READING 020 10K
Thames Valley Park, RG6 1RA
purplepatchrunning.com
10km

SOUTH EAST
Road
4 October 2015
SOUTHEND 10K
Southchurch Park East, SS1 2AX
£15 affiliated runners £17 non affiliated runners
Southend AC
southend10k.co.uk
10km

SOUTH EAST
Road
4 October 2015
THE ROYAL BOROUGH OF KINGSTON 10 MILE
Kingston upon Thames, KT1 1JP
£23 affiliated, £25 non affiliated
KBC Special Events Ltd
020 8288 8575
kbc@blueyonder.co.uk
kingston10miles.com
10miles

SOUTH EAST
Road
4 October 2015
TONBRIDGE HALF MARATHON
West Kent College, TN9 2PW
£18 / £20
Andy Blundell
07798 810484
andy.blundell@blueyonder.co.uk
tonbridgehalfmarathon.co.uk
13.1miles

SOUTH WEST
Multi-terrain
4 October 2015
Badminton Horseless Team Event
Badminton Park, GL9 1DD
Adult £16-£20, Youth £8-£10
Rotary Club of the South Cotswolds
bthadfield@btinternet.com
rcsc.co.uk/horseless-team-event-2015
13miles

SOUTH WEST
Multi-terrain
4 October 2015
BOURNEMOUTH MARATHON FESTIVAL - FULL MARATHON
Bournemouth, BH7 6JD
Entries Open 6 October
run-bmf.com
26.2miles

SOUTH WEST
Multi-terrain
4 October 2015
BOURNEMOUTH MARATHON FESTIVAL - HALF MARATHON
Bournemouth
Entries Open 6 October
run-bmf.com
13.1miles

SOUTH WEST
Multi-terrain
4 October 2015
READING 020 10K
Thames Valley Park, Reading, RG6 1RA
Purple Patch Running
01494 630759
info@purplepatchrunning.com
purplepatchrunning.com/index.php/reading-o2o-10k
10km

WEST MIDLANDS
Multi-terrain
4 October 2015
WILLOW 10K
Hatfield House, Great North Rd, Hatfield, Hertfordshire, AL9 5NQ
£22.50, under 18s £12.50
Carol Young
01707 259777
carol.young@willowfoundation.org.uk
willowfoundation.org.uk/willow10K
10km

YORKSHIRE AND HUMBERSIDE
Trail
4 October 2015
Bramham Park Fun Run 5k and 10k
Bramham Park, LS23 6ND
£9.40 per adult/£5.70 under 16s
Beverley Firth
10 Montague Place Garforth Leeds West Yorkshire, LS25 2EL
beverleybramhamparkrun@yahoo.co.uk
bramhamparkfunrun.org.uk
10km

YORKSHIRE AND HUMBERSIDE
Multi-terrain
4 October 2015
Grewelthorpe Multiterrain Race
Grewelthorpe, HG4 3BZ
£12/14
Grewelthorpe Village Hall and Community Association
01765 689399
grewelthorpemtr@gmail.com
gmtr.co.uk
13km

CHILE
Multi Terrain
4 October 2015
ATACAMA CROSSING (CHILE) 2015
San Pedro de Atacama, Chile
USD$3600
4 Deserts Race Series
info@4deserts.com
4deserts.com/atacamacrossing
250km

SOUTH WEST
Multi Terrain
5 October 2015
DYRHAM PARK 10KM
Dyrham Park, SN1 8ER
£12 / £14 for affilaited / unaffiliated runners
Tom Room
tom@relishrunningraces.com
relishrunningraces.com/dyrham-park-10km
10km

NORTH WEST
Road
10 October 2015
MEN'S HEALTH SURVIVAL OF THE FITTEST - NOTTINGHAM
Victoria Embankment, Nottingham, NG2 2JY
Rat Race Events
events@ratrace.com
mhsurvival.co.uk
20km

NORTH WEST
Road
10 October 2015
MEN'S HEALTH SURVIVAL OF THE FITTEST NOTTINGHAM
Victoria Embankment, Nottingham, NG2 2JY
Rat Race Events
events@ratrace.com
mhsurvival.co.uk
10km

SCOTLAND
Road
10 October 2015
BIG FUN RUN GLASGOW
Bellahouston Park, Glasgow, G52 1HH
£11.99
GSi Events
bigfunrun.com
5km

SCOTLAND
Multi Terrain
10 October 2015
JOGSCOTLAND ONE BIG WEEKEND GLASGOW
Bellahouston Park, G52
£14.99 - £16.99
GSi Events
info@gsi-events.com
jogscotlandonebigweekend.com
5km

SOUTH EAST
Trail
10 October 2015
9BAR9X9 TRAIL RUNNING FESTIVAL - 27KM TRAIL RACE
Loseley Park, Guildford, GU3 1HS
£28
Neil Thubron
0333 012 4346
info@xnrg.co.uk
9bar9x9.com
27km

SOUTH EAST
Trail
10 October 2015
9BAR9X9 TRAIL RUNNING FESTIVAL - 45KM TRAIL RACE
Loseley Park, Guildford, GU3 1HS
£38
Neil Thubron
0333 012 4346
info@xnrg.co.uk
9bar9x9.com
45km

SOUTH EAST
Trail
10 October 2015
9BAR9X9 TRAIL RUNNING FESTIVAL - 54KM TRAIL RACE
Loseley Park, Guildford, GU3 1HS
£48
Neil Thubron
0333 012 4346
info@xnrg.co.uk
9bar9x9.com
54km

SOUTH EAST
Trail
10 October 2015
9BAR9X9 TRAIL RUNNING FESTIVAL - 81KM TRAIL RACE
Loseley Park, Guildford, GU3 1HS
£58
Neil Thubron
0333 012 4346
info@xnrg.co.uk
9bar9x9.com
81km

SOUTH EAST
Cross-country
10 October 2015
BRUTAL WOOLMER
Woolmer, GU33 6AZ
£18
Becky Russell
01482 720 459
info@brutalrun.co.uk
brutalrun.co.uk/race/Woolmer
10km

SOUTH EAST
Road
10 October 2015
WHITE CITY 10KM
Linford Christie Stadium, Wormwood Scrubs, DuCane Road, London, W12

£13
Mark Caswell
mark.caswell1@btinternet.com
mccpromotions10kseries.com/white-city-10km.php
10km

WEST MIDLANDS
Trail
10 October 2015
THE MILFORD MASH UP 10K 2015
Milford Common, Brocton Road, Stafford, ST17 0UH
£13.50
Mash Running
support@mashrunning.co.uk
mashrunning.co.uk
10km

EAST MIDLANDS
Multi Terrain
11 October 2015
THE 4TH COALVILLE 10K
Snibston Country Park, LE67 3LN
£12.00 attached £14.00 unattached £2.00 extra on the day
Martin Burke Teviot, Malthouse Lane, Peasmarsh, East Sussex, TN31 6TA
01797 230009
info@nice-work.org.uk
nice-work.org.uk/events.php?id=62
10km

EASTERN
Multi Terrain
11 October 2015
Marriott's Way 10k
Aylsham, NR11 6UH
£12 affiliated, £14
Broadland District Council
01603 430570
sport@broadland.gov.uk
broadland.gov.uk/t2t
10km

LONDON
Road
11 October 2015
GARMIN KINGSTON RUN CHALLENGE
Kingston Upon Thames High Street, KT1 1HW
£19 -29
Human Race Events
Unit 6, Typhoon Business Centre Oakcroft Road Chessington Surrey, KT9 1RH
020 8391 3913
races@humanrace.co.uk
humanrace.co.uk/events/running/kingston-run-challenge
8.2miles

LONDON
Trail
11 October 2015
SECOND SUNDAY 5
Richardson Evans Memorial Fields, SW15 3PQ
5miles

Brighton & Hove A.C.

Presents the 32nd Brooks Brighton 10k

9:30am Sunday 15th November 2015

Fast, flat R.R.C accurately measured course along the Brighton & Hove seafront, with start and finish on Madeira Drive.

Closing Date: 16/10/15 (unless race limit of 3000 is reached beforehand)
Visit: www.brooksbrighton10k.co.uk

Entries can be made through the race website,
www.brooksbrighton10k.co.uk

NORTH EAST
Road
11 October 2015
RUN NORTHUMBERLAND MATFEN 10K
Matfen, NE20 0RH
£12.50 (Club) or £14.50 (Unattached
Richard Hunter
14C Airport Industrial Estate, Newcastle upon Tyne, Tyne and Wear, NE3 2EF
07731 722741
info@run-nation.org
run-nation.org
10km

SCOTLAND
Road
11 October 2015
Holyrood Park,
Holyrood Park, Edinburgh, EH8 8HG
£11.99
GSi Events
bigfunrun.com
5km

SCOTLAND
Multi Terrain
11 October 2015
jogscotland One Big Weekend Edinburgh
Holyrood Park, EH8 8HG
£14.99 - £16.99
GSi Events
info@gsi-events.com
jogscotlandonebigweekend.com
5km

SOUTH EAST
Multi Terrain
11 October 2015
HENLEY 10K
Henley Rugby Club, Henley on Thames, RG9 2JA
£20 or £25 on the day
Rotary Club of Henley Bridge (Peter Wilkinson
5 Laud's Close, Henley on Thames, Oxon, RG9 1UX
01491 572818
pjwilk46@aol.com
henleyhalfmarathon.org.uk
10km

SOUTH EAST
Multi Terrain
11 October 2015
HENLEY HALF MARATHON
Henley Rugby Club, Henley on Thames, RG9 2JA
£25 or £30 on the day
Rotary Club of Henley Bridge (Peter Wilkinson
5 Laud's Close, Henley on Thames, Oxon RG9 1UX
01491 572818 pjwilk46@aol.com
henleyhalfmarathon.org.uk
13.1miles

SOUTH EAST
Multi Terrain
11 October 2015
THE HERTS 10K
Rothamsted Research, AL5 2QJ
£22.00
Rennie Grove Hospice Care
01442 820740
herts10k@renniegrove.org
herts10k.com
10km

SOUTH WEST
Road
11 October 2015
OXFORD HALF MARATHON
Oxford
Achieve Events UK (Ltd) trading as GO2 Events
01225 422255
info@go2events.org.uk
oxfordhalf.co.uk
13.1miles

SOUTH WEST
Trail
11 October 2015
STUDLAND STAMPEDE 2015
National Trust Visitors Centre, Knoll Beach car park (off Ferry Road), Studland Bay, Dorset, BH19 3AH
£18
Victoria Turner
Victoria.turner@studlandstampede.co.uk
studlandstampede.co.uk
12km

YORKSHIRE AND HUMBERSIDE
Road
11 October 2015
THE PLUSNET YORKSHIRE MARATHON
University of York
£40
0113 8267761
info@theyorkshiremarathon.com
theyorkshiremarathon.com
26.2miles

GERMANY
Road
11 October 2015
ASICS GRAND 10 BERLIN 2015
Berlin-Charlottenburg, 14059
Golazo Sports GmbH
Maxdorfer Steig 7, Berlin (Germany), 10713
0049 30 24 31 99 77
info@berlin-laeuft.de
berlin-laeuft.de/ASICS_Grand_10_Berlin-Teilnehmerinformation.html
10km

EASTERN
Road
17 October 2015
BIG FUN RUN IPSWICH
Christchurch Park, , IP4 2UJ
£11.99
GSi Events bigfunrun.com
5km

LONDON
Road
17 October 2015

RUN FOR OSTEOPOROSIS 10K
Hyde Park, W2 2UH
£20 Affiliated £18
Andrea Magold
25 Edgebury, Chislehurst, Kent, London, BR7 6JL
07426 946927
info@pbraceevents.co.uk
pbraceevents.co.uk
10km

LONDON
Road
17 October 2015
RUN FOR OSTEOPOROSIS 5K
Hyde Park
W2 2UH
£20 Affiliated £18
PB Race Events
25 Edgebury, Chislehurst, Kent, London, BR7 6JL
07426 946927
info@pbraceevents.co.uk
pbraceevents.co.uk
5km

LONDON
Road
17 October 2015
RUN FOR OSTEOPOROSIS 5K-10K
Hyde Park, W2
£20 Affiliated £18
PB Race
25 Edgebury, Chislehurst, Kent, London, BR7 6JL
07426 946927
info@pbraceevents.co.uk
pbraceevents.co.uk
5km

LONDON
Multi Terrain
17 October 2015
THE RICHMOND AUTUMN RIVERSIDE 10K RUN 2015
Richmond, Ham Street Riverside, TW10 7RS
£20
The Fix UK Ltd
The Fix UK, Suite 2, 31 Ashley Road, Epsom, Surrey, KT18 5BD
020 8144 0797
info@thefixuk.com
thefixevents.com/richmond-autumn-riverside-10k-2015
10km

SOUTH EAST
Cross-country
17 October 2015
THE ECHO CHALLENGE RUN
Polesden Lacey National Trust Property, RH5 6BD
£5-£18
Becky Russell
01482 720 459
becky@aat-events.com
echochallenge.co.uk
10km

SOUTH WEST
Track
17 October 2015
GLOW IN THE PARK CORNWALL
Bocconoc, Lostwithiel, PL22 0RQ
Discount code RIGHTCRANK 10% off entry fee
Glow in the Park
facebook.com/events/1448445772116753
5km

YORKSHIRE AND HUMBERSIDE
Multi Terrain
17 October 2015
ROWBOTHAMS ROUND ROTHERHAM 50 MILE TRAIL RACE AND RELAY
Dearie Valley College, Wath upon Dearne, S63 7EW
£15 attached £17 unattached
Sharon Burton
07746 625309
Rrrsharon@aol.com
rotherhamharriers.org/trailandfell/rrinfo.php
50miles

SCOTLAND
Multi Terrain
18 October 2015
MEN'S HEALTH SURVIVAL OF THE FITTEST EDINBURGH
Prince's Street Gardens, Edinburgh, EH2 2HG
Rat Race Events
events@ratrace.com
mhsurvival.co.uk
10km

SOUTH EAST
Road
18 October 2015
BIG FUN RUN MILTON KEYNES
Willen Lake, Milton Keynes, MK15 9HQ
£11.99
facebook.com
5km

SOUTH EAST
Road
18 October 2015
BRIGHT10
Brighton and Hove, BN3 2WN
£27 / £29
Runbase Limited
bright10@runbase.co.uk
bright10.co.uk
10miles

SOUTH EAST
Trail
18 October 2015
CHILHAM CASTLE CHALLENGE RUN 10K
Chilham Castle, CT4 8DB
£15
Tri Spirit Events - Liz King
2 Harlakenden Cottages, Woodchurch, Kent, TN26 3PS
01233 860265
liz@trispiritevents.com
trispiritevents.com/events/chilham-castle-running
10km

SOUTH EAST
Trail
18 October 2015
CHILHAM CASTLE CHALLENGE RUN 5K
Chilham Castle, CT4 8DB
£12
Tri Spirit Events - Liz King
2 Harlakenden Cottages, Woodchurch, Kent, TN26 3PS
01233 860265
liz@trispiritevents.com
trispiritevents.com/events/chilham-castle-running
5km

SOUTH EAST
Trail
18 October 2015
FAIROAKS FIVE AND TEN
Fairoaks Airport, GU24 8HU
from £14
Ellie Barnes
0118 988 2444
ellie@barnesfitness.co.uk
barnesfitness.co.uk/event/fairoaks-five-ten
5miles

SOUTH EAST
Road
18 October 2015
WORTHING SEAFRONT 10KM
Worthing Rowing Club, Splash point Marine Parade, Worthing
BN11 3PN
£13
Mark Caswell
mark.caswell1@btinternet.com
mccpromotions10kseries.com/worthing-10-km.php
10km

SOUTH WEST
Road
18 October 2015
EXETER'S 2015 GREAT WEST RUN
Belmont Park, Exeter
Achieve Events UK (Ltd) trading as GO2 Events
0845 4812 149
info@go2events.org.uk
thegreatwestrun.co.uk
13.1miles

SOUTH WEST
Multi Terrain
18 October 2015
THE WHITE HORSE GALLOP
Leighton Recreation Centre, Westbury, BA13



3PW
£14/£16
Stampede Sports
stampedesports@yahoo.co.uk
stampedesports.co.uk
8miles

WEST MIDLANDS
18 October 2015
MORRISONS GREAT BIRMINGHAM RUN
Birmingham
£35
Nova International
info@greatrun.org
greatrun.org
13.1miles

SOUTH WEST
Trail
19 October 2015
COTSWOLD KILLER
Bah Racecourse, BA1 9BU
£14/£16
Tom Room
6 Hampton View, Bath, North East Somerset, BA1 6JL
tom@relishrunningraces.com
relishrunningraces.com/bath-cotswold-killer-10km.php
10km

SOUTH EAST
Trail
24 October 2015
CTS Suffolk
Dunwich, IP17 3DT
£30 - £60
Endurancelife
01548 312314
support@endurancelife.com
endurancelife.com
10miles

SOUTH EAST
Road
24 October 2015
NIGHT FRIGHT
Shalford Park, GU4 8AA
01482 720 459 becky@aat-events.com
nightfright.net
5km

YORKSHIRE AND HUMBERSIDE
Multi Terrain
24 October 2015
THE PAIN BARRIER – PARKWOOD
Parkwood 4x4, BD4 0RR
£20-25
Time2Race thepainbarrier@gmail.com
thepainbarrier.co.uk
10km

LONDON
Multi Terrain
25 October 2015
The Capital Runners Richmond Park 10K - Race 7
Richmond Park, SW14 8BJ
£16.00 ATTACHED £18.00 UNATTACHED
£20.00 ON THE DAY
Nice Work
Teviot, Malthouse Lane, Peasmarsh, East Sussex, TN31 6TA 01797 230009
info@nice-work.org.uk
nice-work.org.uk/events.php?id=144
10km

NORTH EAST
Road
25 October 2015
RUN NORTHUMBERLAND CASTLES MARATHON AND HALF MARATHON
Bamburgh Castle, NE69 7DF
£12.50 (Club) or 14.50 (Unattached
Richard Hunter
14C Airport Industrial Estate, Newcastle upon Tyne, Tyne and Wear, NE3 2EF
07731 722741
info@run-nation.org
run-nation.org</eventsite
26.2miles

SCOTLAND
Road
25 October 2015
THE CULLODEN RUN 10K ROAD RACE
NTS Culloden Battlefield Centre, IV2 5EU
£21
Paul Corrigan
The Culloden Run CHSS Regional Office 5 Mealmarket Close Inverness Inverness-shire, IV1 1HT 0300 1212 777
paul.corrigan@chss.org.uk
theculodenrun.com
10km

SCOTLAND
Road
25 October 2015
THE CULLODEN RUN 1746
NTS Culloden Battlefield Centre, IV2 5EU
£21
Paul Corrigan 0300 1212 777
paul.corrigan@chss.org.uk
theculodenrun.com
17.46km

SOUTH EAST
Road
25 October 2015
Morrisons Great South Run
Portsmouth
£41
Nova International info@greatrun.org
greatrun.org
10miles

SOUTH EAST
Road
25 October 2015
RICKY ROAD RUN
Chorleywood Working Mens Club, WD3 5HA
Rohan Dickinson, 07584 447379
rickyroadrun@affinitywater.co.uk
rickyroadrun.co.uk
10miles

SOUTH EAST
Road
25 October 2015
THURROCK 10KM
Thurrock 10km, RM19 1QA
£13
Mark Caswell
mark.caswell1@btinternet.com
mccpromotions10kseries.com/thurrock-essex-10km.php
10km

SOUTH EAST
Road
25 October 2015
WATER OF LIFE 10K
Bisham Abbey
purplepatchrunning.com
10km

SOUTH WEST
Road
25 October 2015
BRISTOL TO BATH MARATHON
Bristol
Achieve Events UK (Ltd) trading as GO2 Events
01225 422255 info@go2events.org.uk
26.2miles

SOUTH WEST
25 October 2015
SHEPTON MALLET 10K
Shepton Mallet, BA4 5PG
£12 affiliated / £14 unaffiliated
Emma Warr
Shepton Mallet Sports Centre 11 Charlton Road Shepton , BA4 5PG
01823 410211
ewarr@1610.org.uk
1610.org.uk/activities/1610-race-series
10km

SOUTH WEST
Multi Terrain
25 October 2015
WATER OF LIFE 10K
Bisham Abbey, Marlow, SL7 1RR
£15-20
Purple Patch Running
The Annexe, 13 The Coppice, High Wycombe, Buckinghamshire, HP12 4SA
01494 630759
info@purplepatchrunning.com
purplepatchrunning.com/index.php/water-of-life-10k-half-marathon
10km

SOUTH WEST
Multi Terrain
25 October 2015
WATER OF LIFE HALF MARATHON
Bisham Abbey, Marlow, SL7 1RR
£22-27
Purple Patch Running
The Annexe, 13 The Coppice, High Wycombe, Buckinghamshire
HP12 4SA 01494 630759
info@purplepatchrunning.com
purplepatchrunning.com
13.1miles

WALES
Multi Terrain
25 October 2015
RON SKILTON MEMORIAL HALF MARATHON
Llanwrtyd Wells, LD5 4RB
£10 - £12
John Crompton
Green Events Ltd The Square Llanwrtyd Wells Powys, LD5 4RB 01591 610666
ron_skilton_half_marathon@yahoo.com
green-events.co.uk/events.html?page=3andid=60
12.58miles

YORKSHIRE AND HUMBERSIDE
Road
25 October 2015
BRIGG 10K POPPY RACE
Brigg, DN20 8LD
£17
Paul Elsom
admin@brigg10k.co.uk
brigg10k.co.uk
10km

LONDON
Road
30 October 2015
BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K
The Bandstand, Hyde Park, London, W2 2UH
£2 / £4
Serpentine Running Club
35 Merton Road, Harrow Middlesex, HA2 0AA
020 8422 3900
lfotm5k@serpentine.org.uk
serpentine.org.uk
5km

NORTH WEST
Trail
30 October 2015
GLOW IN THE PARK MANCHESTER
Heaton Park, Manchester, M25 2SW
Discount code RIGHTCRANK for 10% off entry fee
Glow in the Park
facebook.com/events/1405766539746741
5km

SOUTH EAST
Multi Terrain
31 October 2015
HALLOWEEN 5 NITE RUN
Water Meadow Thames Valley Park, RG6 1PQ
£16 non-affiliaited £14 affiliated
Cliff Hilton
Online entry
07774 754141
cliff.hilton@oracle.com
halloween5niterun.co.uk
5km

CHESHIRE

RUNNING BEAR

5 London Road, Alderley Edge, Cheshire SK9 7JT ☎ 01625 582130
MAIL ORDER. Most makes of specialist shoes for all types of gait problems. Expert advice available. Video gait analysis
Plenty of bargains.a
info@runningbear.co.uk
www.runningbear.co.uk

CUMBRIA

PETE BLAND SPORTS

Pete Bland Sports
The running and fitness specialists
In store Gait Anlaysis
On site sports clinic
Breakfast Runs
We have everything the runner needs
34-36 Kirkland, Kendal, LA9 5AD
☎ (01539) 731012
Monday - Saturday 9am till 5.30pm
www.peteblandsports.co.uk
Follow us on facebook or twitter
sales@peteblandsports.co.uk

DERBYSHIRE

THE DERBY RUNNER
SPECIALIST RUNNING EQUIPMENT

ABC 7 Sandringham Drive, Spondon, Derby DE21 7QL.
01332 280048
Specialists in all things Running for over 25 years.
GAIT & RUNNING TECHNIQUE ANALYSIS, EXPERT ADVICE ON ALL ASPECTS OF RUNNING, RACING & TRAINING.
#runderby
www.derbyrunner.com

HAMPSHIRE

Alton Sports of Alton
For expert, friendly advice on footwear, clothing and running accessories.
Gait analysis and footwear fitting service. Staffed by runners of all abilities ready to help you.
110 High St, Alton, Hampshire, GU34 1EN
☎ 01420 84101
10% DISCOUNT IN STORE WITH THIS ADVERT
alton@altonsports.co.uk
www.altonsports.co.uk

Alton Sports of Fourmarks
For expert, friendly advice on footwear, clothing and running accessories. Gait analysis and footwear fitting service. Staffed by runners of all abilities ready to help you.
4 Hazel Road, Four Marks, GU34 5EY
☎ 01420 562267
10% DISCOUNT IN STORE WITH THIS ADVERT
fourmarks@altonsports.co.uk
www.altonsports.co.uk

LANCASHIRE

THE RUNNERS CENTRE
www.runnerscentre.com

The Runners Centre
Visit: Unit 10
Kings Arcade,
King St, Lancaster LA1 1JZ
☎ 01524 845559
Click: www.runnerscentre.com
In-store video gait analysis
Sports therapist and custom insole fitting 'where all runners come first'

LINCOLNSHIRE

THE LINCOLNSHIRE RUNNER
THE LARGEST RANGE OF SPECIALIST RUNNING SHOES IN THE COUNTY
115c High Street, Lincoln, LN5 7PR
☎01522 523326.
Mail Order Welcome.
100% RUNNING.
VIDEO GAIT ANALYSIS
Mon Tues Thur Fri 9am- 5.30pm
Wed 9am-8pm Sat 9am - 5pm
info@lincolnshirerunner.co.uk
www.lincolnshirerunner.co.uk

NR SOUTHAMPTON

Alton Sports of Eastleigh
For expert, friendly advice on footwear, clothing and running accessories. Gait analysis and footwear fitting service. Staffed by runners of all abilities ready to help you.
Unit 2, 6A Wells Place, Eastleigh, SO50 5PP
☎ 023 8061 3419
10% DISCOUNT IN STORE WITH THIS ADVERT
eastleigh@altonsports.co.uk
www.altonsports.co.uk

FOR YOUR CLASSIFIED ADVERTISING CALL 01959 543718 OR 01959 543608

NR SOUTHAMPTON

TORTOISE & HARE
Running Specialist

SURREY'S SPECIALIST RUNNING SHOP
9A High Street.
Bramley. GU5 0HF
☎ 01483 898700
www.tortoiseandthehare.co.uk

SURREY

Alton Sports of Farnham
For expert, friendly advice on footwear, clothing and running accessories. Gait analysis and footwear fitting service. Staffed by runners of all abilities ready to help you.
15 East St. Farnham, GU9 7TX
☎ 01252 734 999
10% DISCOUNT IN STORE WITH THIS ADVERT
farnham@altonsports.co.uk
www.altonsports.co.uk

SUSSEX

THE JOG SHOP JOG
9am - Sunday 12 October
A 20 mile off road trail run over the south downs national park. Features include the north face, the yellow brick road, the big W, Death valley and the snake.
Entries £18 or £20 on the day
£15 for clubs.
Go to **www.jogshop.co.uk** to download a form or on line at runners world.

WARWICKSHIRE

Birmingham Runners' Shop
Email:
info@birminghamrunner.com
Website:
www.birminghamrunner.com
64 Stratford Road, Shirley, Solihull B9D 3LP
☎ 0121 745 6007

WEST MIDLANDS

SUTTON RUNNER
www.suttonrunner.com

NEW TRIATHLON AND BIKE SERVICING DEPARTMENT
268 Jockey Road, Boldmere, Sutton Coldfield, W. Midlands B73 5XL ☎ 01213552901
www.suttonrunner.com
West Midlands largest stockist of athletic shoes and clothing
VIDEO GAIT ANALYSIS IN STORE

www.runningcrazy.co.uk
'Let your running take you further'
SHORT RUNNING BREAKS MADE EASY

FOR YOUR CLASSIFIED ADVERTISING CALL 01959 543718 OR 01959 543586

SIGN UP TO OUR
RUNNING FITNESS NEWSLETTER TODAY

Each month we bring you the latest news, competitions, and top tips from our very own Editor

Be the first to read about the latest issue

Sign up at **www.runningfitnessmag.co.uk**

It's quick and easy, and completely **FREE!**





JOHN BREWER

FINAL THOUGHTS

Everyone's got an opinion on **RUNNING TECH**. John gives us his own personal angle...



If it helps motivate you, running tech can only be a good thing, but ensure you're set up in plenty of time!

At a recent race, I stood on the start line in a complete panic. Not because I hadn't done enough training; not because the distance was daunting, nor was it because the weather was appalling and I was doubting my sanity. No, the panic was because I could not get my Garmin watch to make contact with a satellite spinning many hundreds of miles above me, and so enable me to track my speed and distance once the gun went. Fortunately, after wafting my arm around a few times, and leaning out of the starting pen in the vain hope that the little satellite could get a better view of me, my watch made its connection in the nick of time.

Of course this highlights how dependent many runners have become on gadgets and technology for what in the most part is one of the simplest of all sports, and one that we are physiologically designed to do. In the distant past, our ancestors had to run to catch their prey, or perhaps more importantly, run even faster to avoid being the food for their predators. Yet today we have technology and science everywhere in sport, including footwear, clothing, performance monitoring, nutrition and training apps. Everything from tracking a run online, communicating with other runners or monitoring the food that we eat can now include the use of technology. On the whole, I think this adds to the enjoyment of many sports, including running, but at the same time the performance benefits may in reality only be marginal. I do think that knowing where I am on a course is helpful, and I enjoy (perhaps sadly) downloading my data afterwards and finding the point where things invariably went wrong. But I'm not sure if this has ever made me quicker, and any attempt to share what I perceive to be "interesting data" with family and friends quickly results in cries of derision.

DEFINITE BENEFITS?

There is no doubt that science and technology have played, and will continue to play, an increasing role in sport. It is hard to know where the next advances will come from, and since there is ample evidence to suggest that people exercise more if they enjoy what they are doing, the use of technology to enhance enjoyment as well as performance must be applauded. But it can be all too easy to become a gadget-addict, running as a slave to a heart rate monitor or GPS system, rather than simply listening to your own body, and running in a way that comes naturally. At the highest level in sport, the differences between success and failure are extremely small, and I am sure that the correct application of technology and science really can help to make vital differences that differentiate winners from losers. For the rest of us though, making contact with a satellite whilst standing on the start line is a "nice to have" option, rather than an essential ingredient. However since I enjoy the feedback and data that I collect, I will still make use of technology whenever I can, but make sure I remember to make my connection with outer space a few minutes earlier!

John Brewer is a Professor of Applied Sport Science at St Mary's University, Twickenham. He was previously director of communications for Lucozade Sport and before that director of the Lilleshall Sports Injury and Human Performance Centre **Follow John on Twitter *@sportprofbrewer***

ADRENALINE RUSH

GET YOUR RUSH ON

www.theadrenalinerush.com

15%
DISCOUNT CODE
AR15

30th May
London Olympic Park

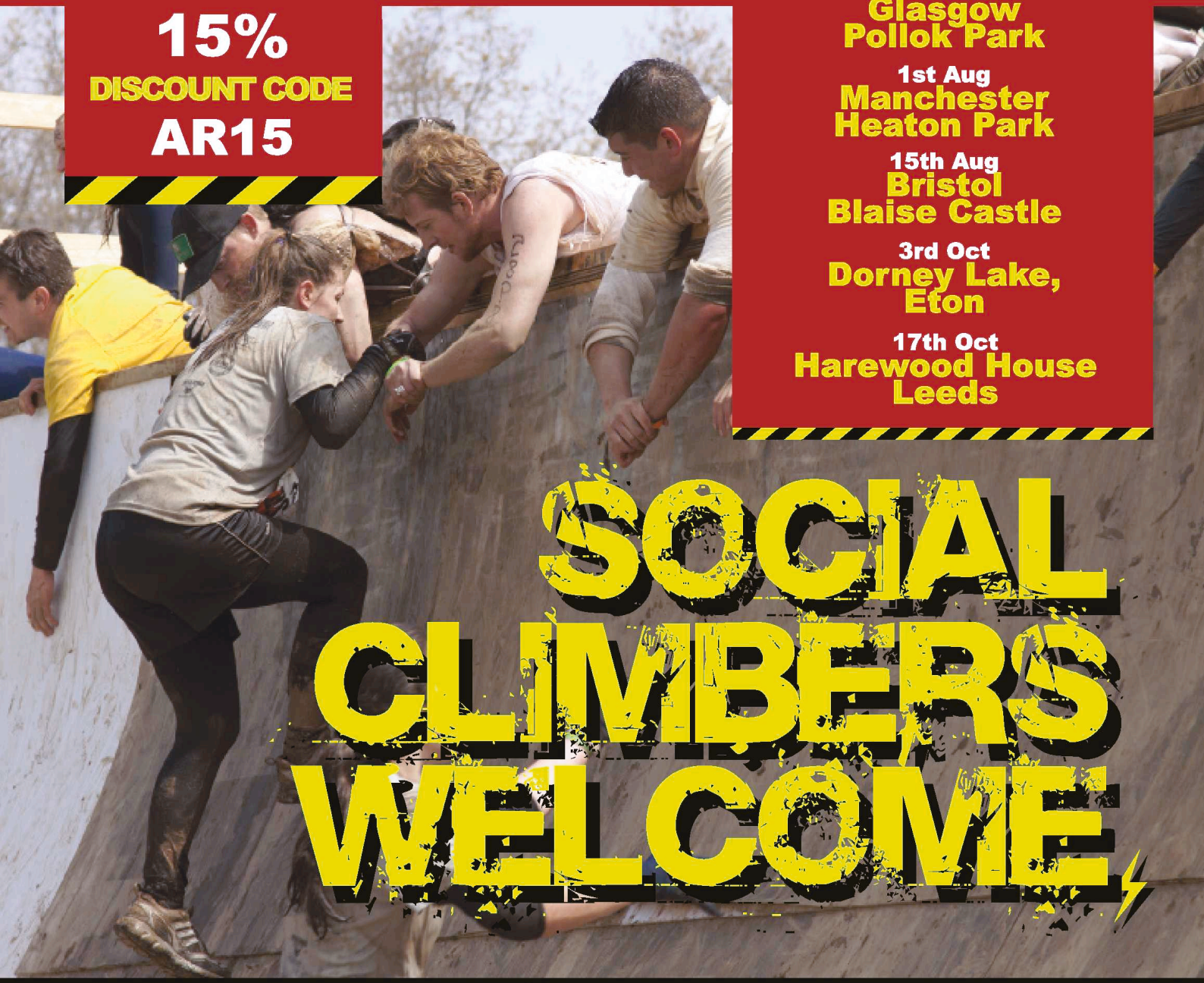
25th July
Glasgow Pollok Park

1st Aug
Manchester Heaton Park

15th Aug
Bristol Blaise Castle

3rd Oct
Dorney Lake, Eton

17th Oct
Harewood House Leeds



SOCIAL CLIMBERS WELCOME

ISN'T IT TIME YOU GOT YOUR RUSH ON?

www.theadrenalinerush.com

FRSB give with confidence

POWERED BY MACMILLAN
WE ARE MACMILLAN. CANCER SUPPORT

Macmillan Cancer Support is registered as a charity with the Charity Commission (registered charity number 261017) and as a company limited by guarantee with the Registrar of Companies (registered company number 2400969



RUNNING
UP & RUNNING
EST. 1992
HERITAGE

WWW.UPANDRUNNING.CO.UK
TWITTER: UPANDRUNNINGUK | FACEBOOK: UPANDRUNNINGHQ

Birmingham | Bournemouth | Bristol | Cambridge | Cheltenham | Chester | Clitheroe | Darlington | East Sheen | Harrogate | Headingley | Horsham | Huddersfield | Isle of Man
Kingston upon Thames | Leeds City Centre | Manchester | Milton Keynes | Nottingham | Oxford | Sevenoaks | Sheffield | Shrewsbury | Southampton | Wakefield | York